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# IPL Treatment

## Pre and Post Care Instructions

- You must stay out of the sun for at least 3-4 weeks. IPL cannot be performed on sunburned or freshly tanned skin.
- Discontinue use of sunless tanning products at least 3-4 weeks prior to treatment.
- Cannot use antibiotics or photosensitive medications 2-3 weeks before treatment. If you are taking any photosensitive medications, consult your treatment provider before booking an IPL treatment.
- Stop using retinol products 5-7 days before your treatment.
- If you are prone to cold sores or have a history of seizures, consult your physician before treatment.
- IPL may cause temporary bruising and mild to significant swelling.
- This treatment is not safe for pregnant individuals.

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## Post-care instructions

- You will feel a warm/sunburn-like sensation for about an hour post-treatment.
- Expect redness and swelling for the next 2 to 3 days. This can be treated with an antihistamine if desired.
- Only apply post-treatment skincare provided or directed by your treatment provider.
- Sleep with a clean pillowcase and keep your head slightly elevated to help reduce swelling.
- Avoid sun exposure on the treated area for 2-4 weeks.
- Avoid intense workouts, excessive heat, hot showers, hot tubs, and saunas for at least 48 hours.
- You may experience rough skin and darkening of pigment (appearing like coffee grounds), which will crust off as the skin heals. This process typically resolves within 2 weeks.
- An approved SPF must be worn daily, along with a hat, if spending time outdoors.
- Mineral makeup can be applied 24-48 hours post-treatment.
- You can return to your normal skincare routine 7-10 days post-treatment. Consult your provider if you have any questions.
- IPL can be repeated on a monthly basis until desired results are achieved.

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Please contact your local office with any questions you may have on your treatment.