



Intense Pulse Light Therapy (IPL) Pre / Post Care Instructions

Intense Pulse Light Therapy (IPL) Pre-Care Instructions:

- Avoid sun exposure for 2 weeks before treatment, including tanning beds.
- Avoid self-tanner for 2 weeks before treatment.
- Use SPF 30 or higher daily to ensure coverage against UVB and UVA rays.
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) at least 2 days before treatment.
- Discontinue the use of Hydroquinone 2 or 3 days before treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar no later than the day of treatment.
- Notify your Esthetician if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness before your treatment.
- Avoid medications that may cause photo sensitivity 3 days before treatment.

Intense Pulse Light Therapy (IPL) Post-Care Instructions:

- You may experience a sunburned sensation immediately following treatment. Some swelling is possible.
- The darkening of freckles and other pigmented areas is a normal reaction. If this occurs, do not pick or exfoliate the areas. They will flake off or lighten on their own over the next week. It may take several weeks for this process to complete if treatment was performed on the body.
- If you experience lingering heat or a burn, gently cleanse the area and keep cool/moist. Do not cover area treated with any occlusive dressing. Please notify us immediately if any suspected burns occur.
- Ibuprofen can be taken following the appointment for mild discomfort or swelling.
- Use Physical Defense Sunblock daily on treated areas exposed to sunlight.
- You may cleanse your face the following morning using the products recommended by your Esthetician.
- Please discuss continuing use of your routine regimen post-treatment with your Esthetician.
- Makeup may be applied the day after your treatment.