



Pre and Post Intense Pulsed Light (IPL)

Pre-Treatment

- Do NOT tan or use self-tanner for at least 3-4 weeks prior to your treatment.
- STOP retinoids such as Tretinoin, Renova, Differin, Tazorac, glycolic acids, or other exfoliants one week prior to treatment.
- DO shave ALL hair present in the area to be treated. Men should shave the beard area twice in succession to ensure a close shave if this is the area we are treating.
- DO let our team know if you have a history of cold sores, as you may need to pre-treat with an oral anti-viral medication three days before your scheduled visit.
- Do NOT have treatment if you have used Accutane (isotretinoin) within the last 6 months.
- On the day of treatment, please arrive with clean skin without makeup, moisturizers, or sunblock.

Post-Treatment:

- Some patients have a mild sunburn sensation that typically resolves in a few hours. Skin redness, mild swelling or less commonly, bruising, can occur and will resolve.
- DO use cold compresses to reduce swelling or discomfort if needed.
- DO be gentle with your skin in the following days. Use gentle cleansers (Cetaphil, CeraVe), lukewarm water, and do not rub or pick the skin.
- It is CRUCIAL to avoid sun exposure and self-tanner between treatments. Use a broad spectrum(UVA/UVB) sunscreen SPF 30 or greater on the treatment area at all times. It should be reapplied every 2 hours if outside. Wear a hat if possible.
- Dark spots and patches will usually darken initially after treatment. Crusting of the skin can form. Please allow these areas to naturally flake off (do NOT pick). This may take 5-10 days.
- Moisturizers and makeup may be used immediately if the skin is not broken.
- Do NOT use Tretinoin, Retin-A, Renova, Differin, Tazorac, glycolic acids, or other exfoliants for one week.
- Do NOT have chemical peels, facials, or microdermabrasion for 2-3 weeks.

Follow-Up Treatment:

- Follow up treatments should be scheduled about every 4-6 weeks
- Consistent treatments will produce the best results. For pigmentation, 1-2 treatments may be all that is necessary initially but maintenance treatments are usually needed. For diffuse redness(rosacea), it may take 3-5 treatments for optimal results.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance. A physician can always be reached after hours for urgent issues.