



TREATMENT INSTRUCTIONS | IPL TREATMENT

(Patient Take Home)

BEFORE TREATMENT

- Avoid use of Accutane for 6-9 months prior to treatment.
- Avoid tanning area including tanning beds, spray tan, and sun for a minimum of six weeks and during duration of IPL series, if receiving multiple sessions.
- Stop use of exfoliants on treated area one week before including, but not limited to: Renova, Glycolic Acid.
- Avoid makeup on area to be treated.
- You cannot be pregnant or breastfeeding to receive treatment.
- If you have a history of oral herpes, you must pre-treat with an anti-viral medication three-five days before your scheduled visit.

AFTER TREATMENT

- You may have transient redness, swelling, itching, and burning for a few minutes up to 48 hours. You may apply Aloe Vera or cold compress.
- Avoid direct sunlight. Use sunscreen with SPF 30 or higher.
- Do not apply makeup until redness has subsided.
- Avoid hot showers for 24 hours. Use cool water and gentle cleansers for 48 hours.
- Small scabs may develop over areas of pigmentation 24-48 hours following your treatment. Keep areas well moisturized and allow them to fall off on their own. This is an expected occurrence with IPL.
- Avoid use of exfoliants for one week after your treatment.
- Avoid Microdermabrasion and acid peels one week after your treatment.

FOLLOW UP

- Follow up treatments should be scheduled every 3-4 weeks.
- Consistent repeated treatments will produce best resolution of photodamage, fine lines, acne scars, rosacea, etc.
- Microdermabrasion and Vitalize peels should be done in between your IPL treatments to enhance results.