



IPL PRE-TREATMENT INSTRUCTIONS

1. An accurate diagnosis by a physician is necessary prior to the IPL treatment.
2. Prior to the treatment, clean the treatment area. The treatment area should be free of any makeup, creams, perfumes and lotions. Male patients should shave just prior to treatment (the pigment in your beard could increase discomfort).
3. Discontinue sun tanning, use of tanning beds and any application of sunless tanning products one month before the treatment.
4. Always use an SPF 30 or greater sunblock on all exposed treatment areas. Wear sun protective hats and clothing.
5. Discontinue the use of exfoliating creams 1 week prior to the entire treatment
6. If the patient has a history of herpes outbreaks in the areas being treated, a prescribed medication, like Valtrex is recommended for one week prior to the treatment prior to the treatment to help prevent an outbreak.

Patients will need to have:

- ◇ A mild facial cleanser.
 - ◇ A high quality sunblock SPF 30 (zinc and/or titanium dioxide >10%)
 - ◇ A good moisturizer available for your after-care.
7. For discomfort, a pain reliever such as ibuprofen or acetaminophen can be used. If an open area occurs or if the treatment area is inadvertently picked an antibiotic ointment, such as Bacitracin can also be applied.

IPL POST TREATMENT INSTRUCTIONS

1. A mild sunburn-like sensation is expected. This usually lasts 1-2 hours but can persist up to 24 hours, individuals may vary. Mild swelling, tenderness and/or redness may accompany this.
2. Apply ice packs or gel packs (do not apply direct ice) to the treated area for 10-15 minute intervals every hour for the next four hours as needed. A topical anti-inflammatory can be used for redness and tenderness. An oral, non-steroidal anti-inflammatory, such as acetaminophen or ibuprofen may be taken to reduce discomfort, use according to the manufacturer's instructions.
3. In rare cases, prolonged redness or blistering may occur, if this happens please call the physician's office. An antibiotic ointment may be applied to the affected areas twice a day until healed.
4. Shower as usual. Treated areas may be temperature-sensitive. Avoid soaking in a hot tub of water. Avoid scrubbing, use of exfoliants, scrub brushes and loofah sponges until the treatment area has returned to its pre-treatment condition.
5. The pigmented lesions may initially look raised and/or darker with a reddened perimeter, this is normal. It will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black and will begin to flake off in 7-10 days. Rarely would it progress to a scab or crusting phase, if this happens, please call us.
6. Veins or vascular lesions may undergo immediate graying or blanching (turning white) or they may exhibit a slight purple or red coloring. If the treated area develops crusting or a scab, it will start to flake off in 7-14 days. The vessels will fully or partially fade in about the same amount of time. Repeat treatment to veins may be every 7-14 days, or when the skin has fully recovered.
7. Do not pick, scratch or remove any scabs. Allow them to flake off on their own. Lesions are usually healed in 7-10 days. They will continue to fade over the next 6-8 weeks after treatment. Please keep all follow up appointments and do not hesitate to call our office if you have questions or concerns.
8. Call your physician's office with any questions or concerns you may have after the treatment.

Until the redness has completely resolved, avoid all the following:

- ◇ Applying cosmetics to the treated area
- ◇ Swimming, especially in pools with chemicals, such as chlorine
- ◇ Ocean swimming and Hot Tubs/Jacuzzis
- ◇ Excessive perspiration or irritation to the treated area
- ◇ Sun exposure to the treated areas – to prevent skin color change.