



## **INTENSE PULSED LIGHT (IPL) TREATMENT INSTRUCTIONS**

### ***BEFORE YOUR APPOINTMENT***

1. It is imperative that you avoid sun exposure and tanning beds for at least 4 weeks prior to your treatment. This is a must and no exceptions will be made.
2. Avoid applying self-tanner for 2 weeks prior to treatment.
3. Avoid aspirin and Ibuprofen for one week prior to your treatment. Inform the laser specialist if you are taking blood thinners or regularly take aspirin or ibuprofen.
4. Avoid alcohol for 2 days prior to treatment. • Inform the doctor if have taken Accutane (oral acne medication) in the past year.

### ***THE DAY OF YOUR APPOINTMENT***

1. If possible, arrive without creams or make-up on the treatment area.
2. Pre-treatment photos will be taken.
3. Just prior to treatment, you will be given eye shields to wear to protect our eyes.

### ***INTENSE PULSED LIGHT (IPL) TREATMENT: WHAT TO DO AFTER YOUR TREATMENT***

1. Expect your skin to appear pink (resembling mild sunburn) for a few hours after treatment.
2. You will be given a cool compress to apply after treatment.
3. Make-up may be applied to cover redness as needed.

### ***WHAT TO EXPECT***

1. Your skin may be temperature sensitive for several days after treatment.
2. Brown spots and freckles will appear darker while healing.
3. It will take 4-6 weeks to see the full result and 2-3 treatments may be required to achieve an optimum result.
4. The sessions are designed to provide no downtime however, occasionally you may find that your cheeks and under eye areas are slightly puffy after treatment. You may use cold compresses (5 minutes on and 10 minutes off) several times an hour to help ease both redness and swelling.
5. Sleeping with your head elevated for the first night will also help decrease any swelling you may experience.

6. Blistering and crusting are rare; however, if these do occur a thin layer of over-the-counter antibiotic ointment such as Aquaphor can be applied 2-3 times a day for 3 days. Please call us if you experience either of these uncommon reactions.

7. Hyperpigmentation (darkening of the skin color) can occur in some skin types. Please call us if you experience this uncommon reaction.

**8. IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR LASER TREATMENT,  
PLEASE CONTACT US AT 586-286-0997.**

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