IPL Pre-treatment Instructions

Discontinue the use of Acutane or any systemic acne medications 6 months prior to treatment. Consult with you prescribing physician prior to doing so.

Discontinue the use of any topical retinoid products such as retinol, Tretinoin, Rentin-A, Renova, Differin, Tazarac, epiduo 2 weeks prior and during the entire course of treatments.

Botox and dermal fillers must be administered at least two weeks prior to treatment.

Use a daily 50 SPF sunscreen and avoid indoor/outdoor tanning and self-tanners 4 weeks prior and have no direct sun exposure before treatment. Continue to completely avoid direct sun exposure throughout the course of treatments and 4-6 weeks after your last session. This will reduce the chance of skin color changes and manifestation of new, pigmented lesions. Protect area to be treated with clothing or a hat and always use SPF of 50 or higher daily.

If currently taking anti-coagulating mediations, blood thinning medications/ supplements, systemic steroids and/or photosensitizing medications, candidates should discontinue use 2 weeks prior to and throughout treatment course or as determined by prescribing physician.
Note that discontinuing use of prescribed anti-coagulants and photosensitizing and systemic steroid medications should only be done with the approval of the prescribing physician.

If prone to Herpetic breakouts in treatment area there is a risk this treatment may stimulate a breakout. Consult your physician about preventative medications prior to treatment.

Result may vary depending on the type of pigment or vessels being treated. A series is always recommend for best outcomes (4-6). Some pigmented lesions may not respond to IPL - specifically raised ones such as moles. Stripes or pigment changes are a common side effect but are generally temporary and resolve with subsequent treatments. Not adhering to strict sun avoidance prior can increase the chances of unwanted side effects.

***Yearly or bi- yearly IPL treatments touchups are recommended to maintain results.