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IPL
(INTENSE PULSED LIGHT)
INSTRUCTION SHEET

IPL is used to treat blood vessels and redness on the face, neck, and chest and to treat pigment on the face and body. One to six treatments may be recommended.

BEFORE TREATMENT

- A scheduled consult is needed with a provider before treatment. Test spots may need to be completed for pigment treatment.
- **NO TANNING OR SELF-TANNERS AT LEAST SIX WEEKS** before treatment. Sunscreen with SPF 30 or more is recommended before and after treatment.
- Stop blood thinners one week before treatment (aspirin*, ibuprofen, Aleve, fish oil, Vitamin E, oil capsules, ginger, turmeric, etc). Tylenol may be taken for discomfort.
 - **Do not stop aspirin if you have a history of cardiovascular disease or a vascular accident. Please call the office.*
- Stop **ACCUTANE** (oral isotretinoin) for one week if a low dose is taken once a week; six months if taken every day.
- Stop **PHOTOSENSITIZING MEDICATIONS** such as minocycline, doxycycline, sulfa drugs, hydrochlorothiazide, and St. John's Wort one week before treatment.
- Let staff know if you have a **HISTORY OF COLD SORES** for prophylactic medication
- let staff know if you have a **HISTORY OF POST-INFLAMMATORY HYPERPIGMENTATION** (tendency for skin to turn brown after an injury). Pretreatment medication may be necessary.

AFTER TREATMENT

- A mild sunburn-like sensation is expected after treatment and can last up to 72 hours. Mild swelling and/or redness may accompany this, but usually resolves in 2-3 days. Treat swelling with ice packs, antihistamines (such as Zyrtec or Claritin), and Preparation-H. Using an extra pillow at night can also help. Occasionally swelling can be severe enough to need prescription medication. Call the office if you have any concerns.
- Bruising can occur and can last between 7-14 days. This is mild and will resolve. You may use topical or oral Arnica to help with bruising.

(Over)

- Until redness has resolved, it is recommended to **avoid the following**:
 - Alcohol
 - Swimming, especially in pools with chemicals, such as chlorine.
 - Hot tubs, saunas, yoga
 - Activities that cause excessive perspiration
 - Aggressive scrubbing and use of exfoliants on the treated area.
- Bathe or shower and apply makeup as usual. Treated areas may be more sensitive than usual.

PIGMENTED LESIONS

- Lesions may look raised and/or darker with a reddened border.
- Lesion will gradually darken and may turn dark brown or even black.
- The lesion will progress to scabs and/or crusting and will start flaking off in an average of 7-21 days. **Do not pick, scratch, or remove scabs.**

REDNESS/VESSELS

- Vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red color change. Vessels will begin to fade in about 14 days but final results can take up to 6 weeks to visualize.
- Avoid blood thinners for 3 days after treatment

Updated: 06/28/2021