



### **IPL Pretreatment Instructions**

- Avoid direct sun exposure to the treatment site 4 weeks prior to session.
- Avoid use of sunless tanning products 4 weeks prior to session.
- Avoid laser treatments or chemical peels 4 weeks prior to session.
- Avoid neurotoxin or filler injections 2 weeks prior to session.
- Discontinue any active products such as retinol or hydroquinone 3 days prior to treatment.
- Alert your provider of any medications you are currently taking as some medications may affect the outcome of your treatment.

### **IPL Post-Treatment Instructions**

- **Pigment:** Brown patches or spots will look darker and more pronounced immediately following IPL pigment treatments. In 2-3 days, these brown areas become even darker and frequently feel scaly like coffee grounds on your skin. Within 1-2 weeks, these dark, scaly areas fall off and leave new, healthy skin behind.
- Cleanse treated area twice daily with gentle soap and lukewarm water, pat area dry.
- Apply a gentle moisturizer 2-3 times a day as needed.
- If crusting or peeling occurs, do not pick at areas.
- Avoid any active products such as retinol or AHA/BHA seven days following treatment.
- Avoid activities that cause flushing or excessive perspiration including exercise, spicy foods, alcohol, or hot temperatures for 2 days.
- Avoid direct sun exposure. Apply zinc-based sunblock daily and reapply every two hours when outdoors. Wear a 4-inch brim sun hat and sunglasses when possible.
- Contact provider if there is any indication of blistering or infection.