



INTENSE PULSED LIGHT (IPL) TREATMENT:

BEFORE YOUR APPOINTMENT

- **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.
- Avoid applying self-tanner for 2 weeks prior to treatment.
- Wait 2 weeks after Botox injections and 4 weeks after fillers before your IPL treatment.
- Avoid aspirin and Ibuprofen for one week prior to your treatment. Inform the doctor if you are taking blood thinners or regularly take aspirin or ibuprofen.
- Inform the doctor if have taken Accutane (oral acne medication) in the past year.

THE DAY OF YOUR APPOINTMENT

- If possible, arrive without creams or make-up on the treatment area. If topical numbing cream will be applied, please arrive 15-30 minutes early. Cleansing products are available for your convenience.
- Allow 45-90 minutes for your appointment depending on the size of the treatment area.
- Just prior to treatment, you will be given eye shields to wear to protect your eyes.

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

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

WHAT TO EXPECT

- Your skin may be temperature sensitive for several days after treatment.
- Brown spots and freckles will appear darker while healing.
- It takes 4-6 weeks to see the full result and 2-3 treatments may be required to achieve optimum results.
- 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. Blistering and crusting are rare; however, if these do occur a thin layer of over-the-counter antibiotic ointment such as Polysporin[®] can be applied 2-3 times a day for 3 days. Please call us if you experience either of these uncommon reactions.
- Hyperpigmentation (darkening of the skin color) can occur in some skin types. Please call us if you experience this uncommon reaction

AFTER CARE

- Use the **Epionce Essential Recovery Kit** for 3-5 days to help heal the skin.
- After days 3-5 post-treatment, continue regular **Epionce Cleanser and Renewal Facial** or **Obagi Gentle Cleanser and Hydrate** product for skin type. **Epionce Lytic** or **Obagi Clear** application may be resumed 1 week post procedure, or when the skin is no longer sensitive.
- Avoid Aspirin, Ibuprofen, alcohol, heavy exertion and activities which may cause flushing for 2 days.
- Avoid harsh topical products such as retinols and glycolic acid products for one week after.
- Avoid direct sunlight on the treated area and use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater for 4-6 weeks after your treatment. We recommend the **Obagi Sun Shield Matte** or **Epionce Ultra Shield Lotion**.

MAXIMIZING BENEFITS OF YOUR TREATMENT

- Our Skin Care Specialists will review and compose a simple, customized skin care program for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.

For any questions or concerns, please call EFC Medspa at (281) 560-3955. In the event of a medical emergency, immediately go to the nearest hospital and/or ER or dial 911.