



INTENSE PULSE LIGHT THERAPY (IPL) PRE-TREATMENT INSTRUCTIONS

FOLLOWING ALL OF THESE INSTRUCTIONS WILL MAXIMIZE YOUR TREATMENT RESULTS

- Closely shave the treatment area as close to your appointment time as possible.
- Arrive to your appointment with clean skin; do not apply creams, lotions, or deodorant.
- If you are prone to “cold sores” in the treatment area, please begin taking an antiviral 2 days prior to your treatment.
- Use of tanning beds, self-tanning lotions, creams, and sun exposure on the area to be treated must be avoided for 2-4 weeks prior to treatment. This is extremely important to avoid blistering and potential scarring.
- Wear a broad spectrum SPF 30 or more on the treatment area every day for the duration of your treatment process.
- If you are now or at any time during your treatment process orally or topically using photosensitive medications (antibiotics, St. Johns Wort, Accutane etc) please inform us immediately, you must be off of these drugs for 10 days to 6 months depending on the drug before you can be treated safely.
- Avoid aspirin and aspirin-containing products for 2 days before treatment.
- Avoid Retin-A, Retinol, Glycolic, Salicylic, etc on the treatment area 3 days prior to treatment.
- If you are using a topical anesthetic, please apply 30 minutes to 1 hour before your treatment. If you need to apply the anesthetic at Serena, please make appointment arrangements with the reception desk prior to your treatment.

IPL POST-TREATMENT INSTRUCTIONS

- Wear a broad spectrum SPF 30 or more on the treatment area every day for the duration of your treatment process.
- If needed, you may use cool compresses on the treatment area for the first several hours after your treatment.
- Aloe vera gel may be applied to help soothe the treatment area.
- Avoid sun exposure to the treatment area during the treatment process.
- Avoid sweating, saunas, swimming pools, lakes, or ocean water for 24 hours after your treatment.
- Use cool water, a gentle cleanser, and a soft cloth to cleanse the treatment area for 24-48 hours after your treatment.
- Avoid exfoliating scrubs or brushes for 24-48 hours post treatment.
- If you are treating over freckled or pigmented areas, you may notice these areas get darker the 1st couple of days. This is normal and should not be of concern. Do not try to scrub off. The area will flake off within 1-2 weeks.
- If a blister or crusting appears, or you have a histamine reaction (itching) please call the clinic, you may need an antibiotic ointment or a hydrocortisone cream. This is a possibility with any laser treatment.
- Make-up can be applied to the treatment area if needed.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY

832-699-1237