

IPL Pre/Post Instructions

IPL (Intense Pulse Light) is a method of delivering light energy for treatment of unwanted blood vessels, brown discoloration, acne and unwanted hair. Often referred to as “photorejuvenation,” it will help reverse the signs of aging from many years of sun exposure. The number of treatment sessions will vary, but often range from 3-5 separated by 3-4 weeks.

Before Treatment:

- Avoid tanning or sun exposure for **4 weeks** before treatment (we will NOT be able to treat sunburned/tanned skin).
- Do not apply tanning creams for **4 weeks** prior to treatment.
- Please notify the office if you have a history of *cold sores* or notice a cold sore or new facial rash prior to treatment.
- Do not take steroids, anti-inflammatories (Aleve, etc.) **24 hours** before treatment.
- Avoid certain skin care products like cleansers and toners that have Retinol A, salicylic acid, witch hazel, glycols, benzoyl peroxide, alcohol, vitamin C for **1 week** prior to treatment.
- Avoid products with certain oils (coconut, grapeseed) **2-5 days** prior to treatment.
- Please notify the office if you have received Botox or filler treatments within the past **4 weeks**.
- Please notify the office if you have received PDO threads within the past **6 weeks**.
- Notify our team if you are prone to keloid scarring.
- If you are receiving treatment for unwanted hair, please shave the night before. Do not wax, tweeze or pluck the hair for **4 weeks** prior to treatment.
- ***Please notify our team if any of the following pertain to you: pregnancy, history of seizures, Accutane use in the past 6 months, taking photosensitizing medications (ex. Doxycycline).***

After Treatment:

- We will apply a comforting topical and you will be given ice packs to use to start the reduction of swelling and redness.
- A sunburn-like sensation is normal for 2-5 hours after treatment. You may use a cold compress or ice packs for comfort.
- Sleep with 1-2 extra pillows to prop your head up in order to avoid the accumulation of swelling and puffiness around the eyes.
- Avoid strenuous exercise for **48 hours** after treatment (including hot yoga).
- NO anti-inflammatories (Aleve etc.) for **48 hours** after treatment.

- Showers may be taken but these should be lukewarm and avoid directing shower spray to the treated area for **72 hours** following treatment. No saunas or hot tubs.
- We recommend gently washing your face AM and PM with a recommended cleanser (as discussed at your visit). Avoid very hot water as your skin may be temperature-sensitive for the first 2 days after treatment.
- Do NOT use any retinoid products for **1-2 weeks** post-treatment and discuss other prescription products with Dr. Findley.
- Men may gently shave **3 days** after treatment.
- Avoid direct sunlight for **4 weeks** after treatment. Use a sunscreen with titanium dioxide or zinc oxide regularly for this time period.
- Avoid microdermabrasion or chemical peel treatments for **4 weeks** after treatment.
- Avoid picking the skin. Treated vessels often respond with swelling, and brown areas or “age spots” will often turn darker like coffee grounds and then “flake off” in the next **1-2 weeks**. Once the flaking occurs, you may gently massage these areas in the shower.
- Please contact us with any concerns, especially blistering, excessive swelling, or increasing pain.