



Concierge Family Medicine & Aesthetics

## **INTENSE PULSE LIGHT (IPL)**

### **PRE-TREATMENT INSTRUCTIONS:**

Please do not wear makeup on the treatment area the day of treatment.

No sun-tanning or self-tanners 4 weeks prior to treatment (this includes spray tans, tanning lotions, tanning beds, sun exposure, etc.).

History of recurring cold sores (Herpes Simplex Type I) may require an antiviral prescription prior to treatment.

Do not use any of the following products on the treated area 3 days before and 3 days after treatment: harsh exfoliating cleansers or scrubs, Glycolic Acid, Salicylic Acid, Benzoyl Peroxide, bleaching creams, retinoids (Retin-A).

Please notify your provider/medical staff of all medications you are taking, as some medications can make you photosensitive.

Avoid the use of Aspirin, Ibuprofen and other anti-inflammatory or blood thinning medications at least 3 days prior to your treatment, as these will increase the likelihood of bruising.

The treatment area must be free of any open sores, lesions or skin infections.

For treatment of pigmented skin lesions, you should consult a specialist if there is a family or personal history of skin cancer or if you have any of these concerns.

Please notify your provider if you have any history of Gold Therapy.

You are not a candidate for Laser treatment if you are pregnant/breastfeeding or have been on Accutane in the last 6 months.



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## **POST-TREATMENT INSTRUCTIONS:**

Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage.

Bruising, redness and swelling may occur and resolve with time.

Treated pigment will turn darker (brown to black) within 24-48 hours.

- Do not pick at the treated area.
- Treated pigment will exfoliate off the face in approximately 1 week.
- Treated pigment will exfoliate off the body in approximately 2-3 weeks.

Avoid skin irritants a few days post treatment including products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.

Multiple treatments are required.

Notify our office of any concerns (blistering, excessive redness/swelling, etc.).

Consult with our office about when to resume your skin care regime.

Any additional instructions will be discussed at your visit.

Your satisfaction is our utmost goal. Please do not hesitate to contact us with any questions or concerns. (724) 969- LAMB