



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