



IPL Pre & Post Treatment Instructions

Pre-Treatment Care

Please arrive to your appointment with a clean face free of make-up. Following these Pre-treatment instructions closely will optimize your IPL results:

- Avoid sun exposure (apply sunscreen daily and do not tan at all) for 4-6 weeks before and after treatment.
- Avoid any products containing hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or chemical peels for at least 5 days.
- If you have a history of hyperpigmentation (darkening of the skin) with laser treatments or other trauma, please let us know, so we may prescribe a lightening agent prior to the procedure to reduce this reaction.
- Do not use self-tanning agents for at least two (2) weeks prior to treatment. If you have used these products, thoroughly cleanse the area with abrasive / exfoliating scrub to remove all product two (2) weeks prior to any treatment.
- Please notify us if you have a history of fever blisters so we may write you a prescription for prophylactic antiviral therapy to start on the day of treatment to prevent a flare up.
- Photosensitizing medications including doxycycline and tetracycline should be discontinued three days prior to treatment.
- Accutane must be discontinued 1 year prior to treatment

Post-Treatment Care

The IPL PhotoFacial works by delivering gentle pulses of light that target and break down unwanted pigment in the skin. These pigmented cells are naturally eliminated by your body over time, which may cause temporary darkening, mild crusting, or flaking in the pigmented areas. This is a normal part of the skin renewal process and typically resolves within 1–4 weeks, revealing a more even, radiant complexion.

- A mild sunburn like sensation is expected. This usually lasts two to twenty-four hours but can persist up to seventy-two (72) hours.
- Mild swelling and/or redness may accompany this, but it usually resolves in two to three (2-3) days.
- Apply wrapped ice or gel packs to the treatment area for ten to fifteen minutes every hour for the next four hours, as needed. Never apply ice directly to the skin.
- An oral, over the counter anti-inflammatory (ibuprofen such as Advil) or an analgesic (acetaminophen such as Tylenol) may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.
- Until redness has resolved, it is recommended to avoid the following:
 - Applying cosmetics to treated areas.
 - Swimming, especially in pools with chemicals, such as chlorine.
 - Hot tubs, Jacuzzis, and Saunas.
 - Activities that cause excessive perspiration or any activity that may raise core body temperature.
 - Sun exposure and tanning in treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
 - Aggressive scrubbing and use of exfoliants on the treated area.
- Bathe or shower as usual. Treated areas may be temperature-sensitive
- The pigmented areas may initially look raised and/or darker with a reddened perimeter.
- The pigmented areas will gradually turn darker over the next twenty-four to forty-eight (24-28) hours. It may turn dark brown or even black.
- The pigmented areas will progress to darkening and/or crusting and will start flaking off in an average of seven to twenty-one (7-21) days.
- The pigmented areas are usually healed in twenty-one to thirty days. It will continue to fade over the next six to eight (6-8) weeks
- Do not pick or pull at the darkened areas as scarring may occur.

Please call our office if you have any questions or concerns 404-832-0300