



Intense Pulsed Light (IPL) Pre & Post Treatment Guidelines

PRE-TREATMENT GUIDELINES

- Avoid unprotected sun exposure; this includes tanning beds 14 days prior to treatment. If you have had UV exposure or are experiencing any type of sunburn, the treatment will be rescheduled.
- Avoid all sunless tanning products for 7 days prior to treatment.
- Avoid retinol/tretinoin and hydroquinone products for 7 days prior to treatment.
- Inform us if you are currently taking Accutane or have taken Accutane within the past 6 months.
- Avoid other laser treatments and chemical peels on treatment area for 14 days prior to scheduled appointment.
- If you are having treatment on face, inform us if you are prone to cold sores. You may be given a prescription for Valtrex (antiviral) to be taken prior to treatment.

DAY OF YOUR TREATMENT

- Please arrive day of treatment without creams, deodorant or make up on treated area.
- Pre-treatment photos will be taken if not already taken during your consultation.
- Prior to treatment, you will be asked a series of prescreening questions to determine your skin type and which laser settings are most appropriate for your treatment.
- Prior to treatment, you will be given eye shields to wear to protect your eyes.

WHAT TO EXPECT

- Immediately after the treatment, it is normal for the treated area to feel like a mild sunburn. For discomfort, you may apply cold packs or a cool washcloth. Your skin may be pink or slightly “puffy” for a day or two following treatment. Over the next 3-7 days, it is normal for freckles and age spots to turn darker before beginning to fade. “Crusting” may occur and can last up to 14 days. “Crusting” is the result of pigmentation rising to the skins surface because of the intensified pulsed light and can be described as looking like coffee grounds. This pigmentation that has been pulled to the surface will gradually flake off.

POST-TREATMENT GUIDELINES

- Do not apply make-up, creams, lotions or serums for 24 hours.
- Avoid sun exposure and always use sunscreen with SPF 30 or higher.
- If “crusting” occurs, avoid picking or scratching the areas. You may gently exfoliate the skin with warm water. It is also important to keep the skin hydrated at this time.
- Avoid any additional laser treatments or chemical peels on the treated area 14 days post treatment
- A minimum of 4-6 weeks is required in between treatments.
- Please call aFresh Med Spa and Plastic Surgery (847)-786-5200 with any questions or concerns.