

Pre and Post Treatment Instructions for IPL/Photo Facial

Treats:

Age or sun spots, face veins, melasma, rosacea

Pre-Treatment Instructions:

Avoid sun exposure (apply sunscreen daily and do not tan at all – including self-tanner) for 4 to 6 weeks before and after treatments.

Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week. Avoid Accutane (or isotretinoin products) for 6 months prior. Let your doctor know if you have a history of hyperpigmentation.

If you have a history of fever blisters, notify Your doctor to possibly prescribe a prescription for a prophylactic antiviral therapy to start on the day of the treatment to prevent a flare-up of cold sores. If you have a current prescription, Valtrex 500mg should be taken by mouth twice daily on the day before, the day of, and the day after your treatment.

You must notify the technician if you have had any cosmetic tattooing on or near the area to be treated.

Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to the treatment.

Anticipate a social “down-time” of 2-5 days before any redness, swelling and sloughing of the sunspots has subsided.

On the day of your appointment:

Come to your appointment with a clean face- remove all makeup if area to be treated is the face. If applicable, dress so that you may modestly expose the treatment area.

Post-Treatment Instructions:

You may have a mild sunburn (burning) sensation following the treatment that is usually gone within a few hours. Skin redness is normal and may last a few days. There may be a slight amount of swelling. Crusting or blistering is uncommon and not serious. Pigmented areas may begin to flake after a few days.

Cold compresses may be useful for the first 24 hours.

Your skin will be fragile for 2-3 days. Use gentle cleansers (we recommend CeraVe) do not rub the skin and avoid hot water during this time. Do not use your Clarisonic or a loofah for one week.

Do not use any retinoids, tretinoin, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate, or have chemical peels performed on the areas treated area for one week.

We recommend a Barrier Cream moisturizer such as **La Roche Posay Cicaplast Balm Or Eau Thermale Avene Tolerance Control Soothing Skin Recovery cream**. Makeup can be applied immediately (if the skin is not broken) we recommend mineral-based makeup -such as Jane Iredale.

Avoid the sun and use sunblock. We recommend EltaMD Physical Sunblock. Avoid excessive heat or friction to the treated area (heavy exercise, saunas).

Sun spots and age spots will DARKEN with the IPL treatments BEOFRE they begin to respond and resolve. This is expected and a normal part of the IPL process. Do not pick these spots once they become dry. They will lift and fall off on their own.

Please contact us as soon as possible if you experience any blistering or increase pain. Contact us if you are concerned about infection. If any pigment changes are bothersome or persist beyond 4 weeks, please contact us **613-620-2660**.

I have received a copy of the Pre and Post Treatment Instructions for Intense Pulse Light. Patient Print

Name: _____

Patient Signature: _____

Date: _____