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## **PRE & POST CARE FOR IPL (INTENSE PULSE LIGHT)**

### **WHAT IS IPL?**

IPL (aka Photofacial) is a professional-grade 'intense pulse light' therapy treatment used to reduce the signs of sun damage, rosacea, hyperpigmentation, brown spots or other pigment issues. We utilize up to (4) different lasers during IPLs at our office - this allows us to truly customize every treatment for the best results

### **WHAT TO EXPECT**

A series of 3-4 treatments of the IPL is often recommended, although each person's treatment plan is unique. The IPL treatments should be scheduled a minimum of 4 weeks apart.

The IPL treatment draws pigment to the surface of the skin. After the treatment, freckles and pigmented areas may appear darker and more noticeable. The effect may look like sprinkled cinnamon on your skin. This may last for 7-10 days until the darkened areas exfoliate off. Areas of the face that have the most sun damage such as the driving side of the face will usually experience more of the sprinkled cinnamon effect.

### **HOW TO PREPARE FOR YOUR TREATMENT**

- Depending on your skin tone or the amount of sun damage/freckling, you will be encouraged to begin a provider recommended skin regimen prior to your first treatment to achieve your best results. Your provider will give you detailed instructions.
- Avoid medicated and or active products for 3-5 days before treatment. These include retinoids, tretinoins, glycolics, salicylic acids, lactic acids, hydroquinone products, dapson, acne products, or precancer treatments as directed by your provider.
- Discontinue any photosensitizing medications, including certain antibiotics, at least 7 days prior to treatment. Please notify our office of all current medications before your appointment to ensure your treatment can be performed safely.
- Avoid direct exposure to the sun. For several weeks before and after your treatment an SPF of 30 or greater should be used when exposed to the sun. Tanned skin may increase the risk of complications or make the treatment less effective. Self Tanners , sunburns or suntanned skin should also be avoided.

## HOW TO CARE FOR YOUR SKIN

- Redness of the treated area may last for 3-5 hours. During this time you may feel a slight stinging sensation similar to a sunburn. A cool pack or ice can be applied to help reduce the sensation. Ice should be applied for no more than 5 minutes at a time with the area being allowed to warm before applying ice again.
- Makeup may be applied to conceal the redness (mineral makeups are best).
- For the first 2-3 days after your treatment, the area may be delicate and should be treated with care. Use gentle cleansers, moisturizers, and sunscreens. Avoid use of active products (listed above in 'How to Prepare) as well as any hair removal (waxing, shaving, threading, etc.)
- Three days post treatment you may resume use of your active and/or medicated products per your provider's recommendations.
- If any crusting or scabs develop, do not pick at it, and allow it to slough off on its own. Do not apply makeup over any broken skin.

**If your skin develops anything that resembles a blister, burn, darkening of the skin, or an open wound please call the office promptly: 281-332-9682**

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If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

**Questions or concerns?** Please securely send a direct message to your provider or call the office 281-332-9682.