



Pre Intense Pulsed Light (IPL) Instructions for Hair Removal, Pigment, and Vascular

Skin color will be assessed by the technician on the day of treatment. Test spots may be performed and evaluated after 48 hours and prior to full treatment. All pigmented lesions must be examined by a physician prior to IPL treatments.

TO AVOID UNWANTED SIDE EFFECTS

Discontinue all forms of tanning (outdoors, spray tans, self tanning lotions, and tanning beds for 2 - 4 weeks (as determined by your aesthetician) prior to treatment. Recent sun exposure increases the risk of developing adverse reactions and skin color changes (white and/or brown spots). Individuals can still tan, even wearing sunscreen. Avoid sun between the hours of 10 am and 3 pm, especially in the summer.

Prior to Pigment and Vascular treatments, avoid waxing, electrolysis, depilatory creams, laser hair removal and chemical peel in treatment areas for 1 week. Prior to Hair Removal treatments, avoid waxing, electrolysis and depilatory creams for 4 weeks and chemical peels for 1 week. All peeling and redness should be subsided by the day of treatment.

Discontinue topical Retin A, Renova, Differin, Tazorac, and any product containing retinol, alpha hydroxy acids, beta hydroxyl acids, or benzoyl peroxide 5 to 7 days before treatment.

Take antiviral medication (Valtrex, Acyclovir) as prescribed, if there is a known history of fever blisters, as laser/ IPL and heat can reactivate the herpes virus.

Consult your technician regarding any current medication which may cause increase photosensitivity and if you are currently taking any antibiotics and antihistamines. Do not receive IPL treatments for 6 months after you have been using Accutane. Inform us of any medication changes between IPL treatments.

If you are receiving laser hair removal, be sure to shave the area the day prior to or the day of treatment.

Let your technician know if you are prone to fever blisters, as pretreatment is recommended.

Procedures including Fractional 1540, cosmetic fillers, and botox may be performed 2 weeks before and 2 weeks after IPL.