

### **IPL 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 Dr. Kaado. He will write you 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 "downtime" 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 treatment area. Remove all makeup if area to be treated is the face.
- Please come clean shaven in the areas to be treated (this usually means the face and neck).
- If applicable, dress so that we 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, do not rub the skin, and avoid hot water during this time.

- Do not use any retinoids, tretinoins, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate, or have chemical peels performed on the areas treated area for one week.
- Makeup can be applied immediately (if the skin is not broken). We recommend mineral based makeup.
- Avoid the sun and use sun block.
- Avoid excessive heat or friction to the treated area (heavy exercise, saunas).
- Sunspots and age spots will DARKEN with the IPL treatments BEFORE they begin to respond and resolve. This is expected and a normal part of the IPL process.

**I understand and will follow these post-treatment instructions.**

Client Name (Printed): \_\_\_\_\_

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_