

## IPL Pre and Post Care

### Before your IPL treatment:

1. Avoid sun exposure for one to two weeks prior to treatment.
2. Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for two weeks before your treatment.
3. Do not wax or use a depilatory on treatment areas for one week prior to your treatment.
4. Do not use self-tanning agents for at least two weeks before your first treatment. Discontinue use until at least two weeks after your final treatment.
5. Before each treatment, please inform us if you are taking any new antibiotics or medications, as they may make your skin photosensitive and therefore we may not be able to treat you for one to two weeks after completion of the antibiotic.

### After your IPL treatment:

1. Avoid sun exposure and tanning beds to treated areas after treatment (we recommend this indefinitely) Daily sunscreen with an SPF of at least 30 is vital to maintain your improved skin.
2. Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for two weeks after your treatment.
3. Do not wax, tweeze or use a depilatory to the treated areas for 1 week after your treatment.
4. Treated pigmented spots/areas usually darken after treatment, and crusting begins to form within a few days. This crusting usually resolves in 1 to 3 weeks. It should be allowed to naturally flake off.
5. If significant crusting occurs beyond the normal flaking of the treated lesions, an antibiotic ointment such as Polysporin or Bacitracin may be recommended.
6. Localized redness may be present and typically resolves within 24 to 48 hours.
7. If you do not need make-up for the evening of treatment, wait until the next morning.