

INTENSE PULSED LIGHT (IPL)

PRE AND POST CARE



PRE-TREATMENT CARE:

- It is imperative that you avoid sun exposure for at least 2 weeks and tanning beds for at least 4 weeks prior to your treatment. This is a must and no exceptions will be made.
- Avoid applying self-tanner for 2 weeks prior to treatment.
- Avoid aspirin and Ibuprofen for one week prior to your treatment. Inform the doctor if you are taking blood thinners or regularly take aspirin or ibuprofen.
- Avoid alcohol for 2 days prior to treatment.
- Inform the doctor if have taken Accutane (oral acne medication) in the past year.
- Store ice packs in your freezer for use after your procedure.
- If possible, arrive without creams or make-up on the treatment area. Otherwise please arrive 10 minutes prior to your appointment in order to clean the skin. Cleansing products are available for your convenience.
- Allow 30-60 minutes for your appointment depending on the size of the treatment area.
- Pre-treatment photos will be taken.
- Just prior to treatment, you will be given eye shields to wear to protect your eyes.

POST-TREATMENT CARE:

- Expect your skin to appear pink (resembling mild sunburn) for a few hours after treatment.
- You will be given a cool compress to apply after treatment
- Apply sunblock with at least 30spf with zinc oxide
- Avoid direct sun exposure and heat for 2-3 days post treatment
- Make-up may be applied to cover redness as needed.

WHAT TO EXPECT

- Your skin may be temperature sensitive for several days after treatment.
- Brown spots and freckles will appear darker while healing.
- It will take 4-6 weeks to see the full result and 2-3 treatments may be required to achieve an optimum

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RESULT

- The sessions are designed to provide no downtime however, occasionally you may find that your cheeks and under eye areas are slightly puffy after treatment. You may use cold compresses (5 minutes on and 10 minutes off) several times an hour to help ease both redness and swelling.
- Sleeping with your head elevated for the first night will also help decrease any swelling you may

EXPERIENCE

- Blistering and crusting are rare; however, if these do occur a thin layer of over-the-counter antibiotic ointment such as Polysporin® can be applied 2-3 times a day for 3 days. Please call us if you experience either of these uncommon reactions.
- Hyperpigmentation (darkening of the skin colour) can occur in some skin types. Please call us if you experience this uncommon reaction.