



Instructions for IPL Photorejuvenation

Before your treatment...

- Your IPL treatment may include one to four treatments spaced four weeks apart. Your clinician will present a treatment plan for you upon consultation and evaluation of your response to the laser/light system.
- Avoid sun exposure, self-tanning products and tanning beds for at least two week prior to IPL treatment.
- Avoid use of Retin-A or retinol products on treatment area for a minimum of 5 days.
- Drink plenty of water to keep your skin hydrated and reduce your healing time.
- You may resume normal daily activities immediately following your laser treatment.

After your treatment...

(Follow these directions for one week after each treatment)

- Immediately after the treatment it is normal for your skin to be a little pink or red, to feel warm to touch and possibly feel a little itchy, typically lasting less than 24 hours.
- By day 3 the IPL treated area may look crusty or like particles of dirt where the spot was treated.
- Use mild cleansers and moisturizers, keep skin well moisturized.
- Avoid any skin care products that have acids like: Retinol, glycolic or salicylic.
- No shaving over treated area if area is red and or swollen.
- Avoid all sun exposure, self-tanning products and tanning beds for 1-2 months following your treatment.
- Apply a broad spectrum UVA/UVB sunscreen with a SPF-30 daily to treated area if in the sun for at least six months following the laser treatment.
- Avoid swimming pools or hot tubs to prevent infection.

