



IPL, LASER AND LIGHT-BASED TREATMENTS PRE AND POST-TREATMENT CARE

Pre-Treatment:

1. Avoid any topical products that could irritate your skin for 1 week before treatment such as citric acids, AHA, BHA, lactic, glycolic and Retina-A type creams, waxing, or depilatories (for laser hair removal avoid waxing, depilatories or electrolysis for 6 weeks).
2. If you have a history of cold sores notify us immediately for pre-treatment instructions. Avoid treatment if you have had a cold sore within a month of treatment.
3. Three weeks before a treatment-no extended sun exposure including tanning beds and self- tanners as the pigment can alter treatment. You must wear at least a SPF 30 and a hat daily. If you are in direct sun reapply SPF every TWO hours. If you are at work under florescent lighting, in front of a computer or just running errands to and from your car SPF should be applied TWO times daily.
4. Avoid all photosensitizing medications 2 weeks before treatment (if you have questions ask us). Three days before discuss if you need to stop any medications such as aspirin, Ibuprofen, Advil, Aleve, NSIDS, Benadryl, Tylenol PM or herbal supplements such as Gingko Biloba, St. John's Wort.
5. If you are having hair removal, trim the area to ¼" (about the size of a piece of rice) before treatment.
6. Notify us if you have taken Accutane within the last year.

Post treatment:

1. Avoid sun, heat, exercise or steam for 24 hours.
2. Avoid prolonged sun exposure and tanning beds.
3. Apply a sunscreen with at least an SPF of 30 daily.
4. Avoid any topical products that could irritate your skin for 1 week after treatment such as citric acids, AHA, BHA, lactic, glycolic and Retina-A type creams, waxing, or depilatories.
5. For IPL or hair removal you can apply cold compresses and over the counter hydrocortisone. cream if needed for redness or swelling which usually resolve within 24 hours.
6. For non-ablative laser treatments, we recommend avoiding cold packs or anti-inflammatory medications as the inflammatory process helps with the collagen formation.
7. For IPL the darker areas will get darker and flake off. Treated vessels may lead to bruising which will fade in 1-2 weeks.
8. Use a mild cleanser and moisturizer till healed.