

IPL INTENSE PULSED LIGHT PRE/POST CARE INSTRUCTIONS

PRE-CARE

- You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness in the treatment area, or an infection in the area. Inform your medical provider if you are on blood thinners, or have had procedures or surgery of the treated area.
- Avoid sun exposure for 1 to 3 weeks prior to treatment and use SPF 30 daily to ensure coverage against UVB and UVA rays.
- Do not use self-tanning products for 1 to 3 weeks prior to and/or post treatment.
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, etc.) at least 2 or 3 days prior to treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex, acyclovir or similar no later than the day prior to IPL.
- Notify the medical spa if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.
- Avoid, if possible, Ibuprofen and non-steroidal anti-inflammatories for 3 days prior to and/or post treatment.

POST CARE

A mild sunburn-like sensation is expected. This usually lasts 1-2 hours but can persist up to 24 hours, individual experiences may vary. Mild swelling, tenderness and/or redness may accompany this.

- You may elect to ice the area post treatment but must do so very carefully. Use an ice pack with the fabric side against the skin, or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 15 seconds on, and 15 seconds off. Icing too vigorously can cause frostbite and scarring. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 4 hours per day.
- A topical anti-inflammatory can be used for redness and tenderness. An oral, non-steroidal anti-inflammatory, such as ibuprofen, may be taken to reduce discomfort. Use according to the manufacturer's instructions.
- In rare cases, prolonged redness or blistering may occur, if this happens, please call the MediSpa. An antibiotic ointment may be applied to the affected areas twice a day until healed.
- You may experience a sunburned sensation immediately following treatment. Although rare, some light swelling is possible.
- If treated for Sun Spots-Darkening of freckles and other areas is normal. If this occurs, do not pick or exfoliate the areas. They will flake off or lighten on their own over the next week if on the face and over the next several weeks if on the body. Lesions are usually healed in 7-10 days. They will continue to fade over the next 6-8 weeks after treatment. The pigmented lesions may initially look raised and/or darker with a reddened perimeter, this is normal. It will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black and will begin to flake off. Rarely would it progress to a scab or crusting phase, if this happens, please call us. Please keep all follow up appointments.
- If treated for Diffuse redness or rosacea: Veins or vascular lesions may undergo immediate graying or blanching (turning white) or they may exhibit a slight purple or red coloring. If the treated area develops crusting or a scab, it will start to flake off in 7-14 days. The vessels will fully or partially fade in about the same amount of time. Repeat treatment to veins may be every 7-14 days, or when the skin has fully recovered. You may experience more redness for the first 24-48 hours.
- Please notify us immediately of any burns.
- Use SPF 30 or higher daily on treated area if exposed.
- You may generally resume normal skin care regimen after three days following treatment (or sooner if advised by your technician, see below).
- Make-up may be applied the day after your treatment (or sooner if advised by your technician, see below).

Until the redness has completely resolved, avoid all the following:

- Applying cosmetics to the treated area
- Swimming, especially in pools with chemicals, such as chlorine
- Ocean swimming and Hot Tubs/Jacuzzis
- Excessive perspiration or irritation to the treated area
- Sun exposure to the treated areas – to prevent skin color change.

It is the responsibility of each guest to fully review the aforementioned Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone in order to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).