

# The Center For Women's Aesthetics

## **PRE-TREATMENT INSTRUCTIONS FOR IPL TREATMENTS**

- Avoid sun exposure for at least 4 weeks before your IPL treatment and avoid tanning beds. Use broad-spectrum sunscreen with a high SPF to protect your skin when you're outdoors. This procedure cannot be done on tanned skin.
- Discontinue the use of self-tanning products, tanning sprays, and bronzers for at least 2 weeks before your IPL session. The treatment works best on your natural skin tone.
- Stop using skincare products that contain retinoids, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), and other potentially irritating ingredients for about one week before the procedure.
- Do not wax or use depilatory creams on the treatment area for at least two weeks before the IPL session. However, you can shave the area as needed.

## **POST-TREATMENT INSTRUCTIONS FOR IPL TREATMENTS**

- A mild sunburn-like sensation is expected. This usually lasts 2 to 24 hours but can persist up to 72 hours.
- A mild swelling and/or redness may accompany this, but usually resolved in 2 to 3 days.
- Apply ice or cold packs to the treatment area for the 10 to 15 min every hour for the next 4 hours, as needed. An oral, non-steroid anti-inflammatory, such as ibuprofen or acetaminophen may be taken to reduce discomfort. Use according to manufacturer's recommendations.
- In some cases, prolonged redness or blistering may occur. An antibiotic ointment may be applied to the affected areas twice a day until healed.
- Bathe or shower as usual. Treated areas may be temperature sensitive.

### **Until redness has completely resolved, avoid all of the following:**

- Applying cosmetics to treated areas.
- Swimming, especially in pools with chemicals such as chlorine.
- Hot tubs and Jacuzzis
- Activities that cause excessive perspiration.
- It is imperative to use a sunscreen/sunblock with SPF 30 or higher and avoid direct sun exposure for at least a week
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have electrolysis, facial waxing and/or depilatories for approximately 14 days after.
- It is recommended that other topical, over-the-counter medications or alpha hydroxy acid products not be applied to the skin 7 days post procedure, as they may cause irritation.

**For Pigmented Lesion**

- The lesions may initially look raised and/or darker with a reddened perimeter and will gradually turn darker over the next 24 to 48 hours. They may turn dark brown or even black.
- The lesion can progress to scabs/crusting and will start flaking off in 7 to 14 days. Do not pick, scratch or remove scabs. The area is usually healed in 21 to 30 days. It will continue to fade over the next 6-8 weeks.

If you have any questions or concerns about your treatment please call the office at 980-218-9496.