



IPL Pre-Treatment Instructions

- Two to four weeks before your IPL treatment please avoid all:
 - direct sun exposure
 - tanning beds
 - self-tanning lotions
 - sunless spray tans
 - Pigment from either the sun, tanning beds, or self-tanners can absorb more energy from the IPL and can lead to more complications and discomfort.
- Please shave the night before your treatment if:
 - You are having your legs or arms treated
 - You are a man having IPL treatment of your face/neck/arms/legs/hands/back/chest
- Please DO NOT wear any makeup to your IPL appointment if you are having your face treated.
 - If you must wear makeup to your appointment, please arrive early to allow time to remove it prior to your treatment.
 - Makeup can absorb energy from the IPL and leads to increased discomfort and complications.
- For best results from your IPL you will want to:
 - Schedule a facial peel 1 week prior to your first IPL treatment. This preps the skin and gives superior results.
 - Begin your personalized skin care regimen 1-4 weeks prior to your first IPL. This also preps the skin and gives superior results.