



PRE treatment Instructions for IPL- Intense Pulse Light

- Avoid sun exposure (apply sunscreen daily and avoid tanning) for 4-6 weeks before and after treatment.
- Do not apply self-tanners or spray tans for 4 weeks before treatment.
- Do not use any retinol or retinoid products 3 days before treatment.
- Tell your technician if you have a history of hyperpigmentation. Depending on your skin type a pigmentation treatment may be started 2-6 weeks prior to treatment.
- Notify the provider if you have any cosmetic tattooing on or near the area to be treated.
- Notify if you are on aspirin, ibuprofen, iron supplementation, anticoagulants, vitamin E, or herbal supplements such as ginkgo, garlic, ginseng, fish oil, vitamin E. We recommend avoiding these products for 2 weeks prior to your procedure unless your primary care provider has placed you on them for a medical condition.
- Avoid alcohol for 1 week.
- Come to your appointment with the treatment area cleanly washed without make-up.
- Inform your provider if you have or have had **cold sores** or herpes simplex outbreaks in the past. Your IPL treatment can temporarily flare the virus and your provider will supply a medication to prevent any outbreaks. You will start taking this medication the day **before** the treatment.