



### **Pre-Treatment Instructions for IPL**

Two to four weeks before your IPL treatment please avoid all:

- direct sun exposure or 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 the 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.

826 Main Street, Klamath Falls, OR, 97601

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### Post-Treatment Instructions for IPL

**Wear sunscreen EVERY DAY – rain or shine!**

**Use your physician-prescribed skin care products as directed. You should plan to always use these same products, even after you have achieved your results. This protects your skin AND your investment!**

**Redness may occur and can last 48-72 hours. You may also notice a red ring around the brown spots; this is normal.**

**The brown spots will turn darker after your IPL treatment. This is a good thing and represents a great response from the IPL treatment. The darkening will gradually flake off in 7-14 days. DO NOT pick or scrub at these areas!**

**Avoid the sun and hot tubs (excessively hot environments) for 48 hours after your IPL treatment**

**Should blistering or crusting occur please contact our office. In the meantime, stay out of the sun; apply antibiotics ointment to the area twice a day; and keep the area covered**

**You may experience the sensation of mild sunburn after your IPL treatment. For relief, you may take Ibuprofen or use ice packs.**

**You may apply makeup immediately after your IPL treatment as long as there is no blistering. Otherwise, refrain from using makeup until all blistering has healed.**

**You will have an IPL treatment every 4 weeks. Optimal results take 3-6 treatments, depending upon the severity of the sun damage.**

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