



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** use any skin care products containing retinols/AHAS/BHAS etc. for 5-7 days prior to tx.

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:

Begin your personalized skin care regimen 1-4 weeks prior to your first IPL. This also preps the skin and gives superior results.

Post-Treatment Instructions for IPL

826 Main Street, Klamath Falls, OR, 97601

541-887-8229

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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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