



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 superior results from your IPL, you may want to:

- Schedule a facial peel 1 week prior to your first IPL treatment. This preps the skin.
- 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

541-887-8229

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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 at or scrub these areas!

Avoid the sun, hot tubs, saunas as well as other sources of excessively hot environments for 48 hours after your IPL treatment

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. Should blistering or crusting occur please contact our office.

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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Pre-Treatment Instructions for Laser Vein

Discontinue medications or supplements that may thin your blood one week prior to your vein treatment. This is to minimize bruising and improve the success of your treatment.

These include:

- Fish and flax seed oil
- Vitamin E
- NSAIDS (ibuprofen, Motrin, Aleve)
- Red Wine

If you are taking aspirin or ibuprofen electively and not upon the request of your physician, please discontinue it 48 hours prior to your appointment. Do not stop aspirin if it is prescribed or recommended by your physician.

Bring a pair of shorts to wear during your treatment if you are having your legs treated.

If leg veins are being treated, there may be minor bruising, discoloration, and welting over the treatment sites. Larger leg veins may appear bruised for a period of time after your treatment. Full results can take weeks or months to be realized.

If facial veins are being treated, there may be minor bruising and/or swelling following your treatment. While this can usually be covered with makeup, please plan accordingly. Your face may show slight evidence of treatment for a week or more. Plan treatments allowing for a period of no sun exposure, vigorous activity, or use of hot tubs, saunas, or spas for at least 48 hours.

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Post-Treatment Instructions for Laser Vein

You may apply cold compresses or ice packs 3-4 times per day for 10-20 minutes a time to alleviate discomfort or redness. Tylenol may be taken for discomfort if necessary. Unless instructed by your medical care provider, avoid aspirin and ibuprofen for a week prior to your treatment to minimize bruising.

Care should be taken to prevent any trauma to the treated area(s) for the first 48 hours following your treatment. Do not scratch, rub, or pick the skin over the treated areas. Notify us if you experience a blister or crusting.

Sun block with a minimum of 30 SPF must be worn EVERY DAY. Avoid direct sun exposure for 48 hours. Avoid tanning beds for the duration of your treatments and until your leg veins have completely resolved.

Avoid any strenuous workouts, hot tubs, hot baths, saunas, or spas for 48 hours after your treatment.

Remember that you still will be able to see most of the veins we treated today. The veins that have been treated must now be reabsorbed by your body. That process may take many months to complete, depending upon the size of the veins. When you return for your follow-up visits, we will be able to determine if any veins will require additional treatment.

Please do not hesitate to contact our office if you have any questions or concerns.

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Pre & Post Treatment Guidelines for PicoSure Pro Laser

Precautions to take before your PicoSure laser treatment:

- No sun exposure, tanning beds or sunless tanning cream for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of posttreatment complications. Use a broad-spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
- Remove all makeup, creams, or oils prior to treatment.

Instructions following your laser treatment:

General (Pigment and Tattoo):

- Cleanse the treated area at least daily with water and mild soap, and then pat the area dry.
- Do not rub or scratch the treated area. If crusting/scabbing occurs, do not shave or pick area.
- Apply Aquaphor ointment (tattoo) or other moisturizer (face) to the area 2-3 times a day. Keep the area moist, and let the crusting/scabbing resolve on its own.
- Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen.

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- Avoid contact sports or any other activity that could cause injury of the treated area.
- Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
- Contact the physician if there is any indication of infection (redness, tenderness or pus).

Tattoo:

- After cleansing and while the skin is still moist, apply a thin layer of Aquaphor ointment to the treated tattoo.
- Apply a non-stick pad over the tattoo until it is healed.
- Avoid sun exposure to the treated area. Use a broad-spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
- Clean the area daily with mild soap and water and pat dry.
- Do not rub or scratch the area.
- Discomfort may be relieved by using cool gel packs or acetaminophen.
- If blistering occurs, keep the area moist by applying Aquaphor 3 times per day or antibiotic ointment per the recommendation of the physician.
- Do not enter swimming pools or hot tubs until treated areas are healed.
- No swimming or using hot tubs for 48 hours post-treatment.

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