

# IPL(Photofacial) Pre+ Post Treatment Instructions:

## PRE-APPOINTMENT INSTRUCTIONS:

- **DO NOT** wear any makeup to your appointment or be prepared to remove it. Thoroughly washing and drying the skin to remove any makeup, lotion, or sunscreen is **REQUIRED**.
- **Avoid** direct sun exposure or self-tanners to the treated area for approximately 2 weeks prior to the treatment. Use a broad spectrum SPF 30+ if the treatment area is exposed to the sun.
- **Discontinue** the use of Retinoid medication (Retinol, Tretinoin, Retin-A, Atralin, Adapalene, Differin, Tazarotene, Tazorac, etc) and OTC anti-aging products containing Retinol, Retinaldehyde, or Vitamin A **for 1 week prior to treatment**.
- **Discontinue** the use of Hydroquinone products 2-3 days prior to treatment.
- **Discontinue** the use of topical exfoliating agents (Glycolic Acids, AHA's or BHA's) for 2-3 days prior to treatment.
- If possible avoid Ibuprofen and non-steroidal anti-inflammatories (NSAIDs) for 3 days prior to treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to treatment.
- Notify your provider immediately if you develop a cold sore, acne, or open lesions in the area you are expecting to treat or if you experience any type of illness prior to treatment.

- Notify your provider of any changes to your health history, medications, or if you are pregnant or trying to become pregnant since your last appointment.
- Notify your provider if you have used Accutane in the past. Use within a 6 month period prior may be a contraindication.
- Longevity of wrinkle relaxers and dermal fillers done any time within 6 months prior to your facial treatment may be affected. Wrinkle relaxers and/or fillers within 2 weeks prior to your treatment is not recommended.

### **POST-APPOINTMENT INSTRUCTIONS:**

- You may experience a “sun burn” like sensation immediately following treatment. Although rare, some slight swelling is possible.
- Darkening of freckles and other areas is **normal**. If this occurs, **do not** pick or exfoliate the areas. They will flake off or lighten on their own over the next week if on the face and over the next several weeks if on the body. Results can take up to 30 days to see an improvement of treated areas.
- If you experience a burn, gently cleanse the area and use hydrocortisone cream on the area several times a day for the next week. If the mark opens, also use antibiotic ointment over the hydrocortisone cream. Please notify your provider ASAP at (914) 274-8300 of any burns.
- Use a broad spectrum SPF 30+ containing UVA/UVB protection with sun blockers such as zinc oxide or titanium dioxide on treated area daily if exposed to the sun.
- You may generally resume normal skin care regimen after three days following treatment (or sooner if advised by your provider).

- Make-up may be applied the day after your treatment (or sooner if advised by your provider).