

**Before your INTENSE PULSE LIGHT (IPL) treatment:**

Have a consultation first to find out if you are a candidate, discuss areas to be treated, prices, and best scheduling. Pregnancy is a contra-indication. Breastfeeding is okay but discuss this during the consultation. Accutane must be discontinued for at least 6 months.

Avoid sun exposure that tans the skin, tanning beds, tanning lotions or sprays. Wait for 4-6 weeks when skin has faded back to natural color before having treatment.

Continue using the Obagi system, skin lighteners but stop any Retin-A products 3 days prior to treatment.

If you have had cold sores in the past, take an antiviral starting the morning of the appointment and continue as directed by the prescribing physician. We can prescribe a prescription for you during the consultation upon request if needed.

We offer a complementary prescription strength topical numbing cream. The numbing is applied by staff at the start of the appointment, please arrive with a clean face.

You can get a Silkpeel immediately prior to treatment to enhance results. This is a quick painless 15-30 minute exfoliating process that prepares the skin for best results.

**After your INTENSE PULSE LIGHT (IPL) treatment:**

Immediately following treatment, there will be a temporary redness and mild sunburn feeling that can last a few hours to 2-4 days. Pigment changes including darkening of freckles and sunspots might occur and in many cases lighten. Crusting, itching, pain, bruising, scabbing, and swelling are normal and should subside in a few days. Please do not pick or scratch and allow natural healing to occur. You can apply aquaphor to crusted areas to help promote healing.

Cooling ice packs or ice rollers will be used for 15 minutes after the completion of the treatment and can be used after returning home if desired.

A calming facial cream or serum and sunscreen will be applied in the office. Reapply every 2 hours with a SPF 30+. Avoid direct sun exposure.

Use Epionce Kit (\$32.00) for the next 3 days as directed on packaging. May restart Obagi kit, skin lightening agents and Retin-A after 3 days.

Return to the office for follow-up as directed by the provider.