Pre and Post Treatment Care and Guidelines

Pre – Treatment

- No sun sensitizing oral medications 4 weeks prior to treatment. These include doxycycline, minocycline, tetracycline, and/or isotretinoin (Accutane).
- No significant sun exposure and tanning (artificial and natural) 3-4 weeks prior to IPL treatment.
- Avoid any skin care products containing tretinoin (Retin-A), retinol, benzoyl peroxide, hydroxy acids (glycolic, lactic. and/or salicylic acids), astringents, or vitamin C for 2 weeks before your treatment.
- Arrive to your IPL treatments make-up free and moisturizer free.
- Please make us aware of any sudden active cold sores or shingles infections.
- Please make us aware of any new skin cancer lesions on face.

Post – Treatment

- High factor 30-50 SPF sunscreen will be applied after the treatment and should be used for at least 1 month post treatments
- Avoid direct sun exposure for at least 48 hours post treatment. If you are outside, apply sunscreen often and wear a hat.
- Skin reddening can occur post treatment. Your skin may feel like it has mild sunburn. You may experience erythema (redness), edema (swelling), and some discomfort of the treated areas for several hours or up to 3 days post-treatment.
- Avoid any skin care products containing tretinoin (Retin-A), retinol, benzoyl peroxide, hydroxy acids (glycolic, lactic. and/or salicylic acids), astringents, or vitamin C for 1 week after your treatment.
- You may resume makeup on the treated area, as long as the skin is not irritated. If you do not need makeup for the evening or treatment, wait until the next morning.
- Do not wax, tweeze, or use a chemical depilatory (i.e. Nair, Nad's, etc) to the treated areas for 1 week after your treatment.
- You may notice reduced hair growth in the treated area(s) with continued treatments.

Pre-screening medical questionnaires will be administered or sent to you by staff and reviewed prior to any treatment