

Pre-Treatment Guidelines for Intense Pulsed Light

1. Please stop the use of Retin-A/retinols, glycolic acids, and other fruit acids 5-7 days prior to your treatment.
2. IPL treatments are not recommended if you are using or have used Accutane in the past 12months.
3. Skin should not be suntanned (from natural sun, tanning beds, tanning creams/sprays or bronzers) and sunburned should not be treated until completely faded. Sun exposure should be stopped 3-4 weeks prior to a session.
4. Stop the intake of sun activators and chemical self-tanning lotions/sprays 2 weeks prior to your session.
5. Do not smoke 2 hours prior to AND after your treatment, as it dilates your blood vessels/capillaries.

Post Care Instructions for Intense Pulsed Light

1. Redness and swelling may last from two hours to a few days. Apply ice packs to area for 24 hours to reduce discomfort and swelling. Bruising may also occur and can last 5 to 14 days after treatment.
2. Avoid strenuous exercise, massage, and extreme heat (hot water, sauna, steam baths) for 24-72 hours as it will cause flushing which will then dilate the capillaries.
3. Avoid spicy foods and a large amount of alcohol for 24-72 hours.
4. Photo damage patches (sunspecks) will darken and flake off in 7-10 days. **AVOID** picking or scratching the area.
5. Some people find aloe vera gel comforting to use as needed.
6. Makeup may be used after the treatment.
7. Use a gentle cleanser such as **SkinMedica Facial Cleanser** and any moisturizer without exfoliating properties. We recommend using **SkinMedica TNS Ceramide Cream** or **Skinceuticals Epidermal Repair** for speedier recovery. Don't forget to pick these up at our front desk on your way out of our office.
8. No Retin-A, glycolic or other forms of exfoliation for one week after treatment.
9. Avoid sun tanning for the duration of your IPL series. This reduces the chance of dark spots recurring. Apply broad spectrum UVA/UVB sunblock of SPF 30 or higher. For extra protection, wear a hat.

Do not hesitate to call Urban Allure at [415.399.1300](tel:415.399.1300) with any questions or concerns you may have after your treatment. Please follow the instructions as specified by your laser treatment nurse.