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Lumenis Quantum Intense Pulsed Light (IPL) Pre- and Post-Treatment Instructions

In order to provide you with the best possible service we ask that you carefully review these Pre- and Post-Treatment instructions for the Intense Pulsed Light (IPL) treatments and ask any questions necessary to help you fully understand them. If you have any questions about these instructions, please discuss them with us prior to treatment. To obtain maximum benefit from your IPL treatments, it is crucial that you understand and adhere to these instructions. Failure to comply with these instructions may affect your treatment outcome and increase the likelihood or severity of complications. We are confident that if you follow these instructions, you will be pleased with the results of your treatments.

Pre-Treatment Instructions

1. Please follow all guidelines set forth in the IPL consent form. Discuss your medical history, medications, allergies, skin typing and any tendency for scarring or poor healing with your IPL operator. Pay particular attention to the limitations and cautions sections.
2. Avoid sun tanning or tanning creams for at least 4 weeks prior to treatments. This will also be required after treatments.
3. Avoid Accutane (or products containing isotretinoin) for 6 months and Retin-A (or products containing tretinoin) for 2 weeks prior to treatment. Do not use glycolic acid or other alphas hydroxy acid products for 1 week prior to treatment. These medications and products increase your photosensitivity, which can significantly increase the likelihood of complications.
4. Avoid the use of aspirin, ibuprofen and other anti-inflammatory or blood thinning medications at least 3 days prior to treatment, as these will increase the likelihood of bruising.
5. Do not have any open sores or skin infections in the treatment area.
6. For treatment of pigmented skin lesions, you should consult a specialist if there is a family or personal history of skin cancer or if you have these concerns.

On the day of your appointment:

1. Shave the area to be treated. Men should shave the beard area twice in succession in order to ensure as close as shave as possible.
2. Gently wash the area to be treated removing makeup, lotion, etc. Do not apply any products to the area except a topical anesthetic if being used.

3. If you elected to use a topical anesthetic, so do only after reviewing all cautions associated with its use. Apply and use as directed prior to arrival.
4. If applicable, dress so that you may modestly expose the treatment area.
5. Please arrive 15 minutes early for your first appointment and 10 minutes early for subsequent appointments. This will allow time for necessary paperwork and keep you on schedule. Please be on time for your appointment.
6. If you need to cancel or reschedule we ask that you contact us at least 48 hours in advance.
7. Please discuss and understand any payment arrangements before treatments.

Post-Treatment Instructions

1. You may have a mild sunburn (burning) sensation following treatment that is usually gone within a few hours. Skin redness is normal and may last a few days. There may be a slight amount of swelling. Crusting or blistering is uncommon and not serious. Pigmented areas may begin to flake after a few days.
2. Cold compresses may be useful. You may take over-the-counter pain or anti-inflammatory medication.
3. Your skin will be fragile for 2-3 days. Use gentle cleansers (we recommend Revision Gentle Cleansing Lotion), do not rub the skin and avoid hot water during this time.
4. Skin moisturizers. We recommend Revision Hydrating Serum and may be used immediately. Makeup. We recommend mineral based such as Jane Iredale and can be applied if the skin is not broken.
5. Avoid the sun and use sunblock. We recommend Revision Intellishade SPF 45 at all times. Do not use sunless tanning lotions.
6. The treatment area may be left open and uncovered with no bandage or special dressing needed. Do not scrub or exfoliate the treatment area. Do not use any other chemicals or medications on the treated area for one week.
7. Please call us as soon as possible if you experience any blistering or scabbing. Contact us if you are concerned about infection, as antibiotics may be necessary. If any pigment changes are bothersome or persist beyond 4 weeks, please discuss this with us.

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