

# Treatment Instructions IPL (Intense Pulse Light) Treatment

## Pre Care

- Stop Retinols, Retin-A, bleaching creams and antibiotic creams for 7 days prior
- Bleaching creams required before and after treatments for Skin Types IV.
- Be off Accutane for at least 12 months
- Wait at least 2 weeks after injectables (Juvederm, Botox, Voluma)
- Wait at least 3 months after Radiesse and Sculptra
- Avoid Sun completely for 3 weeks prior to procedure
- Pre-medicate if you have a history of cold sores or fever blisters.
- Men must be freshly shaved
- Come to the appointment without make-up, moisturizers or creams of any type to the treatment area

## Post Care


Skin will be red, warm, and slightly swollen for a few hours after treatment. You will feel like you have a mild sunburn and have some tingling. This usually subsides after 2 hours. Sun spots will be 2-3 shades darker and may have bruising over bigger facial veins. These areas will look like dirt or coffee grounds on the face for 2-3 weeks and will then fall off or be reabsorbed into your body. Do not force them to peel and no exfoliation.

- You may use ice after procedure.
- Within 3-4 weeks, you may elect to have another treatment. For rosacea - treat as you see necessary, but not before 2 weeks.
- Do not scratch, rub, or pick at skin.
- Avoid sun while undergoing these treatments. Always wear SPF 50 or above.
- You may use a gentle cleanser, like Cetaphil, or whatever is recommended by your esthetician.
- You may use cool water soaks as often as you like. After 24 hours, you can do vinegar and water soaks: 1 tablespoon of vinegar to 1 cup of water. Refrigerate, and dip gauze in the solution before applying to face.
- No peels, acids, or retinols for 2 weeks after treatment.
- AVOID THE SUN!

**If you have questions or concerns about your treatment, please contact us using the below information.**

 **Email**  
info@aboutfaceskin.com

 **Phone/Text**  
770-935-3223

 **Locations**  
1569 Janmar Rd, Suite B, Snellville, GA. 30078  
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