

PRE-TREATMENT INFORMATION FOR IPL TREATMENTS

I understand that failure to carefully follow the instructions below may affect my treatment outcome and increase the likelihood or severity of complications.

I agree to review and adhere to these instructions prior to each appointment.

Prior to Your Appointment: Avoid sun tanning for at least 2 weeks prior to treatments. This will also be required after treatments. You must avoid self-tanning creams for at least 1 week prior to treatments. Do not use any medication that causes photosensitivity for at least 72 hours prior to laser treatments. If you are taking a prescription medication that causes photosensitivity, please contact your prescribing physician to discuss your options.

Do not use Accutane (or products containing isotretinoin) for at least 6 months prior to treatments. Use of Retin-A (or products containing tretinoin) is acceptable up to 5 days before treatment, provided there is no skin reaction present. We recommend that you avoid the use of aspirin, ibuprofen and other anti-inflammatory or blood thinning medications at least 2 weeks prior to treatments, as these will increase the likelihood of bruising. The treatment area must be free of any open sores, lesions or skin infections.

Please inform the medical provider if you have a personal history of skin cancer or a family history of skin cancer before proceeding with treatment.

On The Day of Your Appointment: Shave any hair present in the area to be treated. Men should shave the beard area twice in succession in order to ensure as close a shave as possible. Gently wash the area to be treated, removing makeup, lotion, etc. Do not apply any creams, lotions or other products to the area except a topical anesthetic (if being used). If you have elected to use a topical anesthetic, do so only after reviewing all cautions associated with its use. Apply and use as directed prior to arrival. If applicable, dress so that you may modestly expose the treatment area.

POST-TREATMENT INSTRUCTIONS FOR IPL TREATMENTS

General

- General mild sunburn-like sensation is expected. This usually lasts 2 to 24 hours but can persist up to 72 hours
- A mild swelling and/or redness may accompany this, but usually resolves in 2-3 days.
- Apply ice or cold packs to the treatment area for the 10 to 15 min every hour for the next 4 hours, as needed.
- An oral, non-steroid anti-inflammatory, such as acetaminophen may be taken to reduce discomfort. Use according to manufacturer's recommendations.
- In some cases, prolonged redness or blistering may occur. An antibiotic ointment may be applied to the affected areas twice a day until healed.
- Bathe or shower as usual. Treated areas may be temperature sensitive.
- Until redness has completely resolved, avoid all of the following:
 - Applying cosmetics to treated areas
 - Swimming, especially in pools with chemicals, such as chlorine
 - Hot tubs and Jacuzzis
 - Activities that cause excessive perspiration.
- It is imperative to use a sunscreen/sunblock with SPF 20 or higher and avoid direct sun exposure for at least a week
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation
- Do not have electrolysis, facial waxing and/or depilatories for approximately 14 days after.
- It is recommended that other topical, over-the-counter medications or alpha hydroxy acid products not be applied to the skin 7 days post procedure, as they may cause irritation.
- Do not scrub or exfoliate the area.
- In the rare case that you experience any blistering or scabbing, please call us as soon as possible.
- Contact us if you experience persistent or unusual redness, swelling or drainage, as antibiotics may be necessary.
- If any pigment changes are bothersome or persist beyond 4 weeks, please discuss this with us.
- Makeup: You can use makeup immediately but if there is any reaction you should notify us as soon as possible.
- Follow-up: We will have you return every three weeks until your program is completed
- Adverse effects: If there are any adverse effects, treatment should be discontinued until the treatment site has healed and the reason for the adverse reactions is understood.
- In most cases, the low energy, low risk nature of IPL skin treatments make it safe to resume virtually all activities except excessive sun exposure.

For Pigmented Lesion Treatment,

- The lesion may initially look raised and/or darker with a reddened perimeter
- The lesion will gradually turn darker over the next 24 to 48 hours. It may turn dark brown or even black.
- The lesion can progress to scabs/crusting and will start flaking off in 7 to 14 days.
- Do not pick, scratch or remove scabs.
- The lesion is usually healed in 21 to 30 days. It will continue to fade over the next 6-8 weeks.
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For Vascular Lesion Treatment

- The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red coloring. The vessels will fully or partially fade in about 10-14 days. Do not pick, scratch or remove scabs.