

## IPL (Intense Pulsed Light) Care Instructions

### Before Treatment

- 2 weeks before your treatment, please avoid sun exposure, spray tans, and tanning lotions as all are considered active tans.
- 5-7 days before your treatment please avoid all blood thinners such as Aleve, Motrin and Ibuprofen, as well as fish oil and flaxseed supplements.
- 5-7 days before your treatment, discontinue usage of any antibiotics.
- If you become pregnant or start breastfeeding, please give us a call.

### Day of Treatment

- If treating your face, it's preferred to have all facial makeup removed prior to your appointment.
- 60 Minutes prior to your appointment, please apply the numbing cream per the instructions you received.

### After Treatment

- A mild to moderate sunburn-like sensation is anticipated. This usually resolves within 24-48 hours after treatment but may persist up to 72 hours. Cold compresses may be useful for the first 24 hours.
- Avoid hot showers, baths, or saunas for 48 hours after treatment.
- A gradual darkening of pigmentation will occur. Do not pick at or try to scrub the area away. This is part of the healing process and should start to slough off in 3 to 4 days.
- Avoid sun exposure, tanning beds, and self-tanning creams to treated areas for 2-4 weeks post treatment.
- Use a broad spectrum UVA/UVB sunblock of SPF 30 or greater.

**Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.