

Intense Pulsed Light (IPL)

Pre-Treatment

4 weeks prior to your appointment:

- Avoid sun tanning, tanning beds, and sunless tanners (in the area to be treated) for 4 weeks prior to treatment. Optimize your sun protection by wearing sun-protective clothing, hats, broad-spectrum sunscreen with SPF 30 or higher (for best protection, use a sunscreen with zinc oxide). Reapply every 2 hours while outdoors.

1 week prior to your appointment:

- Avoid aspirin, fish oil/ingestion of fish (shellfish are fine), coconut oil, naproxen (Naprosyn, Aleve), garlic pills, ginkgo, ginseng, curcumin/turmeric, and St. John's Wort for 1 week. Discontinue ibuprofen 3 days before your procedure. Note: do not discontinue medications that you are taking for medical reasons without consulting your prescribing provider.
- Discontinue exfoliating products (such as scrubs, glycolic acids, salicylic acid, AlphaRet, tretinoin (Retin A), retinol, Retrinal, Luminite, Differen, Tazorac) 1 week prior to treatment.

On the day of treatment:

- If you have a history of cold sores (herpes viral infections), take your acyclovir or valacyclovir (Valtrex) as recommended and continue for 5 days. Like sunlight, laser light can trigger a flare, and the medication reduces this risk.
- If you have an active cold sore or infection in the area of treatment, we cannot treat you. Please contact our office as soon as possible to reschedule your treatment.

Post-treatment

A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this and usually resolves in 2-3 days. Darkening of vessels and bruising can also occur. Apply ice or gel packs to the treatment area for 10-15 minutes every hour for the next four hours as needed. Acetaminophen (Tylenol) may be taken for discomfort.

Sun spots will darken after treatment (may turn dark brown like coffee grounds). These will shed naturally in 1-2 weeks and continue to fade over the next 6-8 weeks.

Blood vessels may disappear after treatment or may appear darker and then fully or partially fade within 10-14 days.

Until redness and darkened spots have resolved, avoid the following:

1. Swimming, hot tubs, steam rooms, saunas
2. Activities that cause excessive perspiration
3. Aggressive scrubbing or using exfoliants in the treated areas
4. Picking, scratching, or removing scabs (this could cause scarring)

You may resume exfoliating products when skin sensitivity has resolved (~ 2 weeks).

Ongoing broad-spectrum photoprotection (sunscreen, protection against high-energy blue light, etc.) is critical to optimize and maintain your results.

Please contact us with questions or concerns: 480-591-3500 or 602-494-1817