

IPL PRE-TREATMENT SHEET

What to expect:

- During the procedure you may experience a rubber band snap sensation
- There may be some discomfort or redness following the treatment.
- We will collect a full comprehensive medical history at the time of your treatment. This is very important for treatment success.
- We will have you fill out a detailed informed consent and a skin type assessment at the time of your treatment.
- There are multiple sessions associated with IPL treatment. Including possible “touch-ups” after the initial treatment.

Pre-treatment list:

- **Skin tanning of all forms are contraindicated with IPL treatments.** This includes sun exposure, tanning beds, and fake tans. Essentially this means skin tanning can reduce the effectiveness of treatment or cause adverse results. We ask that all tanning practices are stopped **3-4 weeks** prior to treatments, and do not resume until after your last treatment. If you have any exposure to the sun in this time frame a sunscreen of **30-50 SPF**, and protection from the sun must be used at all times.
- Please know your **medical history, current medications, and allergies** before arriving for your IPL treatment.
- The day of treatment please come in with a **clean face** free of any make-up or lotions. We ask that you wash and exfoliate your face prior to treatment.

Treatment Aftercare

- Just like the pretreatment guidelines state, skin tanning of any form is not allowed with IPL treatment. This means during the course of treatments **skin tanning and excessive heat are not allowed** on the area of your body being treated. After each IPL treatment we will apply a chemical free sunscreen lotion and ask that you do this daily as well.
- Please use a sunscreen of **30-50 SPF** daily after treatment.
- Make-up: if you have easy to remove make-up you can resume wearing it after treatment. If your make-up is harder to remove, please wait 2 days to resume wearing it while your skin heals.
- Your skin may be sensitive and red after the treatment. The best aid for this is rinsing with cool water and staying out of the heat and sunlight.
- You may not notice results until the third treatment. Please be patient and follow through with the treatment process

Thank you for letting us assist you on your way to feeling better! Please reach out to us with any questions or concerns!

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