



826 BUSTLETON PIKE, UNIT 101 A  
FEASTERVILLE, PA 19053  
215-305-8206

## Pre-Treatment Instructions

### Intense Pulsed Light (IPL)

1. Discontinue: sun tanning, use of tanning beds and any application of sunless tanning products one month (4 weeks) before your first treatment and throughout the treatment course, (the change in color of your skin tone will adversely affect your desired outcome in the areas to be treated).
2. Always use an SPF 30 or greater sunblock on all exposed treatment areas and reapply every 2 hours continuously throughout the day if outside. Wear sun protective hats and clothing.
3. **Discontinue the use of: exfoliating creams such as Retin-A, Differin, Glycolic acid, alpha-hydroxy acid products 1 week prior to and during the entire treatment course.**
4. If you have a history of herpes outbreaks in the areas being treated, let us know. We recommend that you take Lysine 500mg daily for one week before the treatment and increase to 2 capsules 3x/day for 5 days if you have a flare up. We can also prescribe medications to prevent severe herpes outbreaks during your treatment.
5. Do not come for your treatment with a tan or sunburn or the treatment may have to be rescheduled.
6. Before your appointment: Avoid any creams, perfumes, deodorants, etc. in the areas to be treated.

Please call if you have any questions prior to or after your treatment.

## Post Treatment Instructions

### Intense Pulsed Light (IPL)

1. A mild sunburn-like sensation is expected. This usually lasts 5-10 minutes but can persist up to 24 hours, individuals may vary. Mild swelling, tenderness and/or redness may accompany this, but it usually resolves in 2-3 days.
2. Apply ice/gel packs, frozen peas or corn to the treated area for 10-15 minutes every hour for the next four hours as needed. For more intense reactions, an oral, non-steroidal anti-inflammatory, such as acetaminophen or ibuprofen may be taken to reduce discomfort, use according to the manufacturer's instructions.
3. In rare cases, prolonged redness or blistering may occur. An antibiotic ointment (Polysporin, Bacitracin) may be applied to the affected areas twice a day until healed.
4. Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid scrubbing, use of exfoliants, scrub brushes and loofah sponges until the treatment area has returned to its pre-treatment condition.
5. Apply an SPF 30 sunscreen or greater to prevent skin color change.
6. For dry and itchy skin, apply a moisturizer twice a day until resolved.



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7. Clients with facial Hirsutism who have been diagnosed with Polycystic Ovary Disease (POD) and/or ovarian hyperandrogenism, and some clients of Middle Eastern and Mediterranean descent could experience paradoxical (extra) hair growth in adjacent untreated areas.
8. Do not pick or remove scabs or crusting should they appear.
9. Clipping and shaving is permitted during treatment course.

Until the redness has completely resolved, **avoid** all of the following:

- Applying cosmetics to the treated area
- Swimming, especially in pools with chemicals, such as chlorine
- Ocean swimming and Hot Tubs/Jacuzzis
- Excessive perspiration or irritation to the treated area
- Sun exposure to the treated areas – to prevent skin color change.