

IPL
INTENSE PULSED LIGHT
PRE & POST CARE/CONTRAINDICATIONS



PRE CARE

- Avoid the sun 4 weeks before and after treatment, or until your treatment provider allows it. Any tanning can cause burning, blistering, hyperpigmentation or hypopigmentation, which may be permanent
- Check with your technician if you are on any photosensitive medications (medications making you more sensitive to light)
- If you have a history of perioral herpes simplex virus, it is recommended that you take a prophylactic antiviral therapy if this area is being treated. Follow directions for your particular antiviral medication
- Self tanner, tanning beds, and anything else that can change the colour of your skin cannot be used 4 weeks prior to treatment.
- Avoid natural fillers 4-6 weeks before treatment
- Avoid treatments of chemical peels, exfoliation facials, microneedling, etc. for three weeks before treatment
- Avoid neuromodulators (botox and like injectables) 2 weeks prior
- Avoid sun exposure greater than 30 mins, even if wearing SPF 1 week prior to treatment. This will decrease likelihood of hyperpigmentation and/or hypopigmentation post treatment
- Avoid retinols, alpha & beta hydroxy acids (AHAs & BHAs), hydroquinone (skin lightening agent), salicylic acid cleansers 1 week before treatment.

THE DAY OF

- Arrive to your appointment with the treatment area free of makeup, lotions, oils, deodorant, tanning products, numbing creams, etc. (numbing cream can NOT be used for this appointment)
- Avoid any activities that will increase the body temperature for at least 2 hours before and after treatments
- Take antiviral medications (if applicable)
- Clients with active cold sores, burned skin, tanned skin or damaged skin will not be treated
- If you have any residual self tanner, ensure you remove it prior to treatment, it WILL burn

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POST CARE

IPL treatment will cause the treated skin to have redness and inflammation immediately after the treatment in varying degrees. You may also feel some itching sensations as the skin causes a release of histamine as a normal reaction. This typically lasts a few hours and it's recommended that you apply cold packs intermittently to help ease any discomfort. You may also be given a topical cooling cream to apply immediately after. This helps reduce discomfort, swelling and risk of abnormal pigmentation.

- Cold packs for 10-20 minutes once home from treatment and intermittently for the next several hours are optional if you experience an extreme reaction (your technician will let you know if this applies to you), or if you are prone to swelling (swelling is very common with this treatment, to lessen this ice packs are great!)
- Gentle cleansers should be used to wash treated areas for the next 48 hours, if you do not have this at home, please let your technician know and they will give you a product to use temporarily
- Do not use any skin care products with active ingredients for 48 hours in the region
- Do not shave or exfoliate the area until the scabs have sloughed off, or for a minimum of 10 days
- Do not partake in any activities where you will sweat for the remainder of the day, do not have a bath (shower OK) or hot tub
- Lesions may turn into scabs and then fall off, it is your job to keep them as hydrated as possible (polysporin, vaseline, etc.) to ensure they heal properly. Keep this up for 1-2 weeks post treatment
- To reduce a persistent itch, over the counter histamines, such as Claritin or Allegra may be used
- Remember your SPF (SPF30 minimum)! Wear a hat!

NEXT TREATMENT

- Schedule next treatment in 4-6 weeks, this will allow for your skin to heal so that we can see how the treatment takes prior to treating again
- 3-5 treatments may be required depending on how your skin responds to this treatment, your current skin care routine, and how much pigment there is to treat. Some spots may not respond.
- Avoid tanning and excessive sun exposure both before and after treatment as this can negatively impact your skin's pigmentation and cause burning/blistering/hyperpigmentation/hypopigmentation

CONCERNS?

While there are many expected reactions post IPL, you should not be in any kind of pain after you leave your treatment, though feeling heat is normal. If you have any questions, or experience something that you are unsure of, please take pictures and contact us immediately. On the off chance that you are having a bad reaction, we want to be able to assist you in healing as efficiently and effectively as possible. Please contact us if you experience the following:

- Blistering
- Persistent pain in the area of treatment
- White bumps or acne like lesions that do not go away
- Irregular discolouration after healing (once the scabs fall off) and new skin redness subsides