

How to prepare for your IPL/laser treatment:

- Avoid tanning or heavy sun exposure and use a broad-spectrum sunscreen daily for four weeks before to treatment. We will not perform the treatment on deeply tanned skin.
- Avoid deep facial peel procedures for four weeks before treatment (for example, strong chemical peels, laser resurfacing, dermabrasion).
- Don't use medications that cause photosensitivity (such as doxycycline, minocycline) for at least 72 hours prior to treatment.
- If you have a history of herpes (oral cold sores, genital) or shingles in the treatment area, let your doctor know and start your antiviral medication (valacyclovir, acyclovir) as directed (usually two days before treatment and continue for three days after treatment).

Post-treatment:

- Be gentle to treated area. Do not scratch or pick at your skin.
- Freckles and sunspots may turn slightly darker (pigment granules) initially and then flake off within 7-10 days for facial areas and 14 – 21 days for body areas. This is a desired and normal reaction.
- Until the “pigment granules” have completely subsided, avoid all of the following:
 - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
 - Excessively hot or cold water – wash with tepid water
 - Shaving
 - Swimming pools and spas with multiple chemicals/chlorine
- Skin may appear red, swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to a few days after treatment. Applying an ice pack off and on for the first 24 hours will help minimize swelling. NOTE: Never apply ice directly to the skin. Apply through a cloth.
- For minimum of 48 hours, avoid activities that cause flushing or excessive perspiration, including exercise, hot temperatures, consumption of alcohol or spicy foods, saunas, etc.
- A cold compress can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Hydrocortisone cream can also be applied to provide comfort if the treated area becomes itchy.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect. Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Tylenol or Advil, may be used.
- There may be redness and slight swelling around the treated vessels. Often, they appear lighter in appearance and are less defined.
- Makeup may be applied immediately after the treatment, as long as skin integrity has not been compromised.

- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- If the skin is broken or a blister appears, apply an antibiotic ointment and contact your Ideal Image clinic immediately.
- Keep the affected area moist and avoid direct sunlight.
- Strictly avoid any sun exposure to the treated area for a minimum of 7-14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with zinc oxide or titanium dioxide and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- If in the middle of a series of IPL Photofacial treatments, sun exposure should be avoided between treatments and a sunblock should be used on a daily basis.
- Subsequent treatments are based upon your Medical Professional's recommendation and are typically 4 weeks apart