

## IPL PRE-TREATMENT INSTRUCTIONS

1. An accurate diagnosis by a physician is necessary prior to the IPL treatment.
2. Prior to the treatment, clean the treatment area. The treatment area should be free of any makeup, creams, perfumes and lotions. Male patients should shave just prior to treatment (the pigment in your beard could increase discomfort).
3. Discontinue sun tanning, use of tanning beds and any application of sunless tanning products one month before the treatment.
4. Always use an SPF 30 or greater sunblock on all exposed treatment areas. Wear sun protective hats and clothing.
5. Discontinue the use of exfoliating creams 1 week prior to the entire treatment
6. If the patient has a history of herpes outbreaks in the areas being treated, a prescribed medication, like Valtrex is recommended for one week prior to the treatment prior to the treatment to help prevent an outbreak.

Patients will need to have:

- ◇ A mild facial cleanser.
  - ◇ A high quality sunblock SPF 30 (zinc and/or titanium dioxide >10%)
  - ◇ A good moisturizer available for your after-care.
- ◇ For discomfort, a pain reliever such as ibuprofen or acetaminophen can be used. If an open area occurs or if the treatment area is inadvertently picked an antibiotic ointment, such as Bacitracin can also be applied.