



MEDICAL + AESTHETIC DERMATOLOGY

417 Main Street

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IPL Pre-Treatment Instructions

What you should do prior to IPL Treatment

- Avoid sun exposure (apply sunscreen daily and do not tan at all) for 4-6 weeks before and after treatment.
- Do not apply self tanners or spray tans for 4 weeks prior to treatment.
- Do not use any retinol or retinoid products on the area to be treated for 48 hours before treatment. Let your doctor know if you have a history of hyperpigmentation.
- Depending upon your skin type, a bleaching regimen may be started 2-6 weeks before treatment.
- If you have a history of fever blisters, notify your doctor. We may write you a prescription for prophylactic antiviral therapy to start on the day of treatment to prevent a flare up.
- You must notify the physician if you have had any cosmetic tattooing on or near the area to be treated.
- You must notify your doctor if you are on aspirin, ibuprofen, iron supplementation, anticoagulants, vitamin E, or herbal supplements such as ginkgo, garlic, or ginseng. We recommend avoiding these products for 2 weeks prior to treatment unless your primary care physician has placed you on them for a medical condition.



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IPL Post-Treatment Care

What you should do after IPL Treatment

- Aerobic exercise should be avoided for 24-hours when treated for leg veins.
- Hot baths are not advised for 24-hours. Quick warm showers are recommended.
- If the skin is broken or a blister appears, apply an antibiotic ointment and have the patient notify the physician. The area should be kept lubricated to prevent crusting or scabbing of tissue.
- Cold packs, aloe vera or any other cooling preparation may be used for temporary discomfort.
- Prolonged sun exposure is to be avoided for 4 weeks before and after treatment.
- A total sun block, not a sunscreen, should be applied if it is impossible to comply.
- If further treatment is needed a commitment to stay out of the sun is necessary.
- Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation). This should be discussed fully before and after treatments.
- If compression is applied, remove it within 24 hours.
- Make-up can be applied as long as the skin is not broken. Make-up can also serve to protect the skin from the sun.

Immediately report any worsening or persistent symptoms or side effects to your physician.