

# IPL AND BLUE LIGHT TREATMENT INSTRUCTIONS

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## IPL TREATMENT

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### IPL PRE TREATMENT INSTRUCTIONS

- **No active acne.** If you have active acne in the treatment area call to reschedule unless you are coming for Blue Light treatment.
- **Cold sore pre-medication.** If you are prone to cold sores you will be placed on an anti-viral medication. Please take medication as instructed and complete entire course.
- **Arrive with clean skin.** No makeup, moisturizers, perfume, cologne, sunscreen or any other products on the skin. Bring a wide brim hat to wear on the day of your procedure.
- **Topical pre-medication.** For certain skin types it may be necessary to pre-treat the areas with Retin-A and Hydroquinone for 6 weeks prior to the treatment. Your provider will discuss the need for topical pre-medication if necessary.
- **Topical skincare products to stop.** Stop all topical products including: Retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone, and benzoyl peroxide (3) days prior to the treatment. Use only mild soap and sunscreen. If you have been on antibiotics oral/topical up to 7 days before procedure please inform our staff.
- **No sun exposure, tanning beds or self-tanning products.** Three weeks prior to procedure and for three months after procedure tanning of any type is not advised. If tanned or sunburned procedure may be canceled for your safety.
- **Avoid harsh skincare products and treatments.** Avoid products or treatments that irritate the skin for two weeks prior to treatment: chemical peels, waxing, and chemical depilatories, etc.
- **Shaving for men.** Make sure the skin is shaved and hairless but do it at least 3 days before. Do not shave the treated area the day of or the day before the procedure to avoid irritation.

### IPL POST TREATMENT INSTRUCTIONS

- **Skincare.** Only use recommended post-treatment products for the first 7 days after your treatment.
- **Cold compresses.** A cold compress can be used to provide comfort if the treated area feels warm. This is rarely needed, but if so use it within the first 24 hours after the treatment.

- **Oral pain relievers.** Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- **No picking or exfoliating.** Let the scabs gently fall off on their own, do not pick at the skin or use an exfoliator while skin is healing from the procedure.
- **No Chemical Peels.** Avoid chemical peels one month after treatment.
- **No hair removal treatments.** Do not use any method of hair removal on the treated area for 14 days post treatment.
- **No harsh skincare.** Avoid harsh topical skincare products, exfoliating medications and skincare devices for 7 days post IPL treatment. Vitamin A products such as Retin-A, retinol and Tazorac are to be avoided post-treatment until your provider advises you to resume their use.
- **Avoid sun exposure.** Strictly avoid any sun exposure to the treated area for a minimum of 7 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 a sun protection factor of 30+. Keep reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.

## **WHAT TO EXPECT**

### **DAY 1**

It is normal and expected for your skin to feel red, sunburn, tight, dry, swollen, and sensitive to the touch. You may also experience some stinging. Drink plenty of water, avoid makeup and use only recommended skincare products. Stay away from exfoliants or glycolic acids that are present in other cleansers as these can make your skin very dry after the procedure.

### **DAY 2**

May feel the same as Day 1. Skin feels dry, tight, irritated and the discoloration and freckles may appear darker. Continue using the post-treatment skin hydrating products. You may use make-up but only water-based powders and be very gentle.

### **DAY 3-7**

Spots may start to get darker and to flake. Do not pick at the areas. Continue applying post-treatment hydration products. Avoid sun exposure. Wear sunscreen and hats for sun protection.

### **DAY 8**

We may ask you to start using the Hydroquinone &/or steroid creams. Continue using sunscreen and wear hats for sun protection. You may return to your normal skincare routine. The skin should be completely healed. Vitamin A containing products can be restarted.

## WHEN TO CONTACT US

If the skin is broken or blisters appears, apply an antibiotic ointment and contact the office immediately. Keep the affected area moist and avoid direct sunlight. Do not manipulate the area.

# BLUE LIGHT TREATMENT

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## ACNE: BLUE LIGHT PRE TREATMENT INSTRUCTIONS

### 3-6 Weeks Before

- **Pre-treatment topical medications.** For certain skin types it may be necessary to pre-treat with Retin-A and Hydroquinone for 4-6 weeks prior to scheduled treatment.
- **No sun exposure, tanning beds or self-tanning products.** Avoid tanning for 3 weeks prior to procedure and for 3 months after the IPL procedure. If tanned or sunburned procedure may be canceled for your safety.
- **Avoid harsh skincare products.** Avoid products or treatments that irritate the skin for two weeks prior to treatment, such as chemical peels, waxing, and chemical depilatories.
- **Tell your provider if you are prone to cold sores.** If you are prone to cold sores you will be placed on an anti-viral medication. Please take medication as instructed and complete entire course.

### 3 Days Before

- **Temporarily stop all strong topical skincare products.** Skincare products including: Retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone, and benzyl peroxide should be stopped about 3 days prior to blue light therapy. Use only mild soap and sunscreen. If you have been on antibiotics oral/topical up to 7 days prior to therapy please inform our staff.

### Day of Procedure

- **Bring a wide brim hat to wear on the day of your procedure.** Please arrive with fully cleansed skin: no makeup, moisturizers, perfume, cologne, sunscreen or any other products on the skin.
- **Notify us of any medication allergies, PREGNANCY OR NURSING.**
- **Do not shave the treated area the day of or the day before the procedure to avoid irritation.** Make sure the skin is shaved and hairless but do it at least 3 days before.

## ACNE: BLUE LIGHT POST TREATMENT INSTRUCTIONS

- **Until sensitivity has 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
  - Hot or very cold water – only wash with tepid lukewarm water.
  - Shaving
  - Swimming pools and spas with chemicals/chlorine
  - Activities that cause excessive perspiration
- **Cold compresses.** A cold compress can be used to provide comfort if the treated area feels warm. This is rarely needed but if so use it within the first 24 hours after the treatment.
- **Make Up.** Makeup can be applied immediately after treatment as long as skin is intact and there are no signs of blistering.
- **Topical soothing products.** Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.
- **Oral pain relievers.** Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- **Avoid sun exposure.** Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use an SPF of 30+, reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- **Follow-up with recommended treatments.** Subsequent treatments are based upon your clinician's recommendation and are typically 2 treatments per week for 2-6 weeks or until acne reduces. The number and frequency of treatments needed depend on the severity of your acne and how well it responds to treatment. Clinical studies suggest that at least two BBL 420 nm acne treatments are needed to begin to see any results and results have been reported to last up to 6 months after 4-6 treatments. Booster treatments are necessary as is a proper medical skincare regimen.

### WHEN TO CONTACT US

If the skin is broken or blisters appears, apply an antibiotic ointment and contact the office immediately. Keep the affected area moist and avoid direct sunlight. Do not manipulate the area.