



## **IPL PhotoRejuvenation Preparation**

Typically 3 treatments are recommended for the best results however, every single treatment you do you are stimulating collagen and improving your overall skin tone (reducing brown spots, broken capillaries, etc).

### **Before your treatment:**

- Avoid significant sun exposure, tanning beds, sunless tanning lotions, Retin-A, and hydroquinone for two weeks prior.
- Avoid use of depilatory creams for the duration of your treatment.
- Notify your practitioner if you have:
  - Any recent facial treatments - such as Chemical Peels, Microneedling, and/or Filler
  - Used Accutane in the last 6 months prior to treatment
  - A history of or any current outbreak of cold sores or genital herpes
  - Any permanent makeup and/or tattoos in the treatment area
  - Any makeup and/or tinted lotions applied to the treatment area that will need to be removed



## **IPL PhotoRejuvenation Aftercare**

The treatment will make your skin more photo-sensitive than usual, so avoid sun exposure, use a SPF30 sunblock daily and cover the treated area with protective clothing especially the first week after treatment. Remember, IPL will remove the sun-caused skin problems you already have, but after treatment, careless exposure to the sun will cause new spots to appear. It's best to protect. Always wear sunscreen especially here in the Florida sun!

### **After your treatment:**

- Avoid sun exposure for at least one week.
- Always wear SPF 30+ on all areas treated that will be exposed to sunlight. Keep the area clean and dry for 6 hours. Use a gentle cleanser and pat dry.
- Apply a gentle moisturizer twice per day to keep the area well hydrated.
- Do not pick or scrub off the pigment that comes to the surface. They typically shed off on their own in 7-10 days.
- Avoid strenuous exercise, excessive heat, very hot showers/baths, hot tubs, hot yoga, and saunas for at least 24 hours and until redness subsides.
- Avoid use of exfoliating skin care products in the treated area for one week; including scrubs, Retin-A, and skincare containing alpha or beta hydroxy acids (AHA/BHA).
- Refrain from chemical peels, microneedling, microdermabrasion, waxing, and using depilatories for at least 2 weeks after treatment.
- Contact LivingYoung Center at 727-319-6884 if you develop any blisters, including cold sore, scabs, excessive swelling, infection, and/or excessive discomfort after treatment.