

Intense Pulsed Light (IPL)

Pre-Treatment Instructions

- 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 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 on your skin type, a bleaching regimen may be started 2-6 weeks before treatment.
- If you have a history of fever blisters notify Dr. Hooper or Dr. Jackson. 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 technician 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 two weeks prior to your procedure unless your primary care physician has placed you on them for a medical condition.
- Photosensitizing medications including doxycycline and tetracycline should be discontinued three days prior to treatment.