

IPL PHOTOFACIAL

PRE-CARE DIRECTIONS

OVERVIEW

IPL, or Intense Pulsed Light, is used to visibly improve many common skin concerns resulting from aging and other lifestyle factors. IPL therapy, sometimes also referred to as IPL Photofacial, uses light energy in different wavelengths to target specific skin irregularities that show up as sunspots, hyperpigmentation, melasma, and redness.

PRE-TREATMENT

- Avoid aspirin, ibuprofen, naproxen, and other non-steroidal anti-inflammatory medications, Vitamin E, herbal supplements, or any medications containing these, day 7 days prior to treatment.
- Avoid sun exposure 4 weeks before treatment.
- Do not self-tan or wax the treatment area for a minimum of 1 week prior to treatment.
- Do not use any retinol products or exfoliants on the area to be treated for one week.
- You must notify the technician if you have had any cosmetic tattooing on or near the area to be treated.
- Photosensitizing medications, including doxycycline and minocycline, should be discontinued three days before the treatment.
- The week before treatment, drink plenty of water and increase hydration.
- Eat a healthy, well-balanced diet, avoid extreme diets.
- On average, 3 total treatments are needed to achieve the best results.
- Anticipate a social "down-time" of 2-5 days before any redness, swelling, and sloughing of the sunspots has subsided.
- Please arrive with a clean, makeup-free face



QUESTIONS OR CONCERNS?
916-941-9400

LEARN MORE
estheticscenter.com

IPL PHOTOFACIAL

POST-CARE DIRECTIONS

Your skin may be mildly red or swollen or perhaps feels sensitive, but you should be able to resume your normal daily activities with no issues. Most patients say it feels like a mild sunburn.

DO:

- Use a cool compress, aloe, or cooled facial roller to ease discomfort.
- Clean your face 2 times a day, with warm water.
- Keep your skin moist at all times using a gentle moisturizer.
- Wear sunscreen, SPF 30 or higher.
- Do stay hydrated and eat a healthy well-balanced diet, and avoid alcohol.
- Be patient with yourself, the treatment process.
- Schedule and attend your follow-up treatment appointments.

DO NOT:

- Do not take hot showers, hot baths, or bask in a hot tub for a minimum of 48 hours.
- Do not exercise or participate in any strenuous physical activity, for 3 days.
- Do not exfoliate your skin within the first 7 days as it may cause irritation.
- Do not use skin care products that have harsh chemicals or contain high amounts of Vitamin A, such as Alpha-Hydroxy Acids, Accutane, Retin-A (Tretinoin), Glycolic Acid and Retinoic Acid until skin has returned to baseline.

If you have any unexpected problems, please contact The Esthetics Center immediately to discuss further instructions. Contact a physician if any signs or symptoms develop such as the following: fever, excessive redness at the site, excessive swelling, excessive tenderness of the procedure site, elevated body temperature, red streaks going from the procedure site towards the heart.



QUESTIONS OR CONCERNS?
916-941-9400

LEARN MORE
estheticscenter.com