

SOUTHWEST SKIN SPECIALISTS

Intense Pulsed Light (IPL) Photo Facials

Pre-Treatment

Avoid sun tanning, tanning beds and sunless tanners for 4 weeks prior to treatment. Protected sun exposure means wearing sun-protective clothing, hats and SPF 45 or greater sunscreen and reapplying every 2 hours while outdoors.

Discontinue exfoliating products (Retin A, retinoids, glycolic acids, salicylic acid, scrubs) 2 weeks prior to and during the entire treatment course.

If you have a history of cold sores (herpes viral infections), please let us know. Premedication with Acyclovir or Valtrex may be needed. If you have an active cold sore, we cannot treat you.

DO NOT TAKE ASPIRIN OR PRODUCTS CONTAINING ASPIRIN (ANACIN, BUFFERIN) OR IBUPROFEN (ADVIL, MOTRIN) OR ALEVE, VITAMIN E, FISH OILS OR OTHER HERBAL SUPPLEMENTS FOR 7 days prior to treatment.

Post Treatment

A mild sunburn-like sensation is expected. This usually lasts 2 – 24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but usually resolves in 2-3 days. Apply ice or gel packs to treatment area for 10-15 minutes every hour for the next four hours, as needed. Tylenol (Acetaminophen) may be taken for discomfort.

Until redness and darkened sunspots have resolved, it is recommended to avoid the following:

1. Swimming, hot tubs, steam rooms and saunas.
2. Activities that cause excessive perspiration.
3. Aggressive scrubbing and use of exfoliants in the treated area.
4. Sun exposure
5. Picking, scratching or removing scabs because scarring may occur.

Sunspots/sun damage: The sunspots will darken after treatment (turning dark brown like coffee grounds) and be naturally shed within 1-2 weeks and continue to fade over next 6-8 weeks.

Spider veins: Vessels may disappear after treatment or they may appear darker and then fully or partially fade within 10-14 days.

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