

## **INSTRUCTIONS FOR INSTENSE PULSED LIGHT (IPL) PRE- AND POST-TREATMENT CARE**

### **Prior to Treatment:**

- Stop the use of Accutane 1 year prior to treatment.
- Discontinue exfoliating in the planned area of treatment 2-4 weeks prior to your appointment.
- Stop Retin-A, Renova, Tazorac, and Differin 2 weeks prior to your appointment.
- Do not engage in sun tanning or the use of a tanning bed 2-4 weeks prior to treatment. Do not use sunless tanning cream 2 weeks prior to IPL.
- Stop any type of depilatory treatments (waxing, depilatory creams) to the planned area of treatment.
- Stop electrolysis and laser hair removal treatments to the area of treatment 4 weeks before your appointment.
- Do not take Bactrim, doxycycline, or any medication that makes you sun sensitive 2 weeks prior to IPL.

### **Post Treatment:**

- Do not exfoliate for 2-4 weeks after your IPL treatment.
- Wait 2 weeks after treatment to resume the use of Retin-A, Renova, Tazorac, or Differin.
- Do not engage in sun tanning or the use of tanning beds for 2-4 weeks after treatment.
- Wait 4 weeks after treatment to begin the use of depilatory products.
- Wait 4 weeks after treatment before undergoing any electrolysis or laser hair removal procedures.
- Wait 2 weeks after treatment to begin the use of Bactrim, doxycycline or any medication that makes you sensitive to the sun.

Because IPL treatments will make the skin more sensitive to the sun, it's recommended that the skin be protected by applying sunscreen with SPF of 50 or higher every day.

The use of a tanning bed causes the same amount of damage to the skin as the sun; therefore, it's recommended that any use of tanning bed be discontinued indefinitely.