

Pre-Treatment Instructions:

1. For one month prior to treatment, strictly avoid sun exposure, tanning beds, and self-tanning products. Use liberal amounts of UVA + UVB broad-spectrum sunscreen of SPF 30 or higher daily and reapply frequently. Wear a hat if you must be out in direct sunlight for over five minutes.
2. Advise us if you have a history of herpes simplex (cold sores), are pregnant, allergic to topical anesthetics, have keloid scars, or have been recently treated with isotretinoin (Accutane).
3. Discontinue use of all retinoid products such as retinol, tretinoin, or adapalene 1 week prior to treatment. Also, certain medications (i.e. doxycycline, minocycline) should also be stopped one week prior to treatment. Advise the staff of all prescription medications you are currently taking.
4. Discontinue use of all exfoliation treatments, scrubs, brushes, glycolic or salicylic acid products 1 week prior to treatment.
5. If prescribed a pre-treatment medication, please fill the prescription, and bring it with you to your appointment.
6. Wear comfortable clothing that is open around the neck area. Bring a wide-brimmed hat if possible. Bring a book, magazine, or headphones to listen to music on your phone. You will have about 30-60 minutes of waiting while you are numbing with cream on your face.
7. The day of your appointment, come to your appointment with a clean face (freshly shaven for men) with no makeup or creams applied.

Post-Treatment Instructions:

What to expect:

- Your pigment/sun spots will temporarily darken after your IPL treatment. These areas will work their way off your skin within 5-10 days (depending on the site). You may lightly exfoliate 5 days after your treatment.
- Small areas of bruising may occur. They will resolve within 4-5 days after treatment.
- Facial and eye swelling may occur after treatment. *This is normal* and will resolve. Use cool compresses to help with swelling and keep your head elevated (especially at night) to help reduce swelling.

1. Avoid adding any heat to the treated areas. Quick, warm showers are recommended. If areas are treated other than facial areas, hot baths are not recommended for 24 hours.
2. Cold packs, aloe vera, or any other cooling preparation may be used to ease temporary discomfort.
3. DO NOT expose treated areas to the sun for 96 hours. Prolonged sun exposure should be avoided 4 weeks before and after treatment. A broad-spectrum sunscreen of **30 SPF or higher** and a hat should be used for any outdoor activity between treatments. Sun exposure can increase the risk of certain complications like blistering and hyperpigmentation.
4. Makeup can be applied immediately as long as the skin is not broken.
5. Keep skin moisturized with bland, unscented facial moisturizers. Avoid “anti-aging” creams (i.e. retinol/tretinoin/vitamin C) serums for the first 5 days after treatment.
6. If the skin is broken or a blister appears, apply plain Vaseline or Aquaphor ointment and notify the physician at Skin MD. The area should be kept lubricated to prevent crusting or scabbing of tissue.

If you have any questions or concerns that arise, please call us at (719) 228-9488. If it is outside of regular business hours and of an urgent nature, please call our after-hours number (719) 257-3779.