

*Reflections*  
*Aesthetic and Laser Solutions*

Hair & Vein Removal • Sun Spot Removal • Restylane • Botox • Skin Care

**IPL pre & post care instructions**

For best results, please follow these instructions

**Before** your IPL treatment:

1. If possible please do not wear makeup to your treatment.
2. Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for one week before your treatment.
- 3 Do not wax or use a depilatory on treatment areas for 1 week prior to your treatment.

**After** your IPL treatment:

1. Avoid sun exposure and tanning beds to treated areas after treatment (we recommend this indefinitely) Daily sunscreen with an SPF of at least 30 is vital to maintain your improved skin.
2. Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for one week after your treatment.
2. Do not wax, tweeze or use a depilatory to the treated areas for 1 week after your treatment.
4. Treated lentigines usually darken after treatment, and crusting begins to form within a few days. This crusting usually resolves in 1 to 3 weeks. It should be allowed to naturally flake off.
5. If significant crusting occurs beyond the normal flaking of the treated lesions, an antibiotic ointment such as Polysporin or Bacitracin may be recommended.
6. Localized redness may be present and typically resolves within 24 to 48 hours
7. If you do not need make-up for the evening of treatment, wait until the next morning.

Please call us if you have any questions at **772-567-7196**

Your referrals are greatly appreciated. We will send you a \$25 gift certificate towards your next treatment for each friend or relative that you refer to us.

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**PERMISSION FOR INTENSE PULSED LIGHT TREATMENT**

Do not sign this form until you have read it and fully understand its contents.

Patient Name: \_\_\_\_\_

I acknowledge and understand that the following procedure has been described to me to my satisfaction:

**Intense Pulsed Light Treatment**

I hereby authorize and direct Reflections personnel under the direction of \_\_\_\_\_, M.D./Or Certified Laser Specialist to perform Intense Pulsed Light (IPL) treatment on me.

The following points have been discussed with me:

1. **The mode of action of the treatment** - The light penetrates the skin and is absorbed by the melanin, causing a rapid heating of the tissue. The treatment destroys some or all of the pigmented lesions in the skin
2. **The proposed benefits of IPL treatment** - For most patients, this procedure will eliminate pigmented lesions. It will also reduce the background redness, uneven skin tone and enlarged pore size.
3. **The probability of success** - Several treatments may be required to completely remove all the pigmented lesions desired. However, some patients may not experience complete removal of these pigmented lesions even after multiple IPL procedures.

Complications are rare and usually minor. I am aware of the following possible experiences with laser procedures:

1. **DISCOMFORT** - Mild pain may be experienced during treatment. Most people tolerate the procedure well, but some may need a topical anesthetic cream.
2. **HEALING** - Intense Pulse Light treatment may result in swelling, blistering, crusting or flaking of the treated area, which may require 1 to 3 weeks to heal. Once the surface has healed, it may be pink and sensitive to the sun for an additional 2 to 4 weeks or longer in some patients. Only a small percentage of patients will have this problem.
3. **SWELLING/INFECTION** - Swelling can occur after the procedure and last for several hours. A skin infection is a rare but possible complication.
4. **PIGMENT CHANGES** (Changes in skin color) - The treated area may become either lighter or darker in color than the surrounding skin. This effect typically resolves spontaneously in a few months, but can last much longer. On rare occasions it may be permanent.

5. SCARRING - Scarring is a rare occurrence, but it is a possibility when the surface of the skin is disrupted. To minimize the chances of complications, it is important that you follow all of the before and after instructions carefully.
  
6. EYE EXPOSURE - Protective eyewear will be provided during the procedure. It is important to keep these shields on at all times during the treatment in order to protect your eyes from accidental laser exposure.

I understand that the medical personnel and other assistants will rely on statements made by me to determine that the procedure is safe and effective.

### ACKNOWLEDGMENT

I understand that Intense Pulsed Light (IPL) treatment is not an exact science, and that no guarantee or assurances can be given to me concerning the results of this procedure.

By signing this form, I acknowledge that I have read this form, that I fully understand its contents, and that I have been given ample opportunity to ask questions and that all questions have been answered to my satisfaction. I understand that I can call or return to the office at any time to ask for more information from the doctor or his staff.

I authorize the taking of photographs before, during and after the laser procedures. I understand that these photographs may be used for medical education, research and documentation of the medical record.

I consent to allow the medical personnel at Reflections under the supervision and control of \_\_\_\_\_, M.D./Or Certified Laser Specialist to perform Intense Pulsed Light (IPL) treatment with the CoolGlide™ Xeo IPL.

\_\_\_\_\_  
Patient

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

I understand that I will be charged a fee of \$50.00 if I fail to give Reflections 24 hours notice for the cancellation of an appointment. I also understand that once I've started my treatment program there are no refunds.

\_\_\_\_\_  
Initials