

# Turner Dermatology

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## **INTENSE PULSE LIGHT (IPL) PRE-TREATMENT INSTRUCTIONS**

1. Avoid going in the sun without SPF 30+ sunscreen (must contain UVA/UVB filters) for at least 4 weeks prior to treatment. You can NOT be treated with tanned skin.
2. Ensure treatment area is free of sunburn, suntan, cold sores, inflammatory acne, eczema, hypo/hyperpigmentation.
3. Avoid blood-thinning medications when able (Aspirin, Ibuprofen, or Aleve) to help minimize bruising.
4. Stop the use of retinoids (Retin-A, vitamin A analogues) at least a week prior to procedure. In addition, avoid glycolic acid, alpha-hydroxy acids immediately prior to treatment.
5. In general, recent use of **isotretinoin**, within 6 months is not permitted. You may discuss this with your doctor.

## **INTENSE PULSE LIGHT (IPL) POST-TREATMENT INSTRUCTIONS**

1. Immediately following treatment your skin may sting and feel hot like a sunburn. A cool compress will be provided to help relieve this sensation quickly. Continued application of cool compresses also helps reduce the risk of swelling.
2. Avoidance of excessive exercise, alcohol and smoking for a week after your treatment will improve your recovery. Gyms carry lots of bacteria and debris and can increase your risk of infection so avoid these environments in the first 48 hours.

3. It is normal for pigmentation to look darker for 7 to 21 days following treatment. Treated areas may feel dry, flaky and itchy. Be careful not to scrub these areas during the healing period and, in particular, not to pick at any skin. Wash as usual, but avoid the use of scrubs, masks, astringents, toners, Retin A or alpha-hydroxy acid products until healed. Gently pat dry after washing and avoid rigorous rubbing with your towel. Apply only bland moisturizers such as Cetaphil, Cerave, or Aquaphor during your recovery period. Normal skin care may be resumed once healing is complete.
4. Patterning of the skin may be apparent after healing. You may notice fine striping of the area or circular dots corresponding to the laser handpiece size. This reflects a demarcation between treated and untreated areas and can be blended at your next visit. Remember IPL therapies are multiple treatment sessions and the expectation is not complete resolution in one session. Each session has a fee associated with the visit, as these are cosmetic in nature and not covered by insurance.
5. It is very important to avoid exposing the area to the sun for at least one month after treatment and preferably ongoing in order to maintain your results. Wear a hat and apply a SPF 30+ sunscreen on a daily basis. Failure to do so can result in complications, skin damage, and return of the treated lesions.
6. Avoid applying foundation or powder make-up immediately after the treatment session. The recommended bland moisturizer should be applied.

**Please make a follow up appointment as recommended by your doctor. Call the office at 212-644-8581 if you are experiencing persistent redness, swelling, blistering, tenderness, or any other concerning symptoms as they may be a sign of infection or other adverse effect.**