

TURNER DERMATOLOGY

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Intense Pulse Light

IPL (Intense Pulsed Light) treatments, also known as "photofacials," help reduce sun damage, including sun spots, discoloration, redness, and broken capillaries resulting in a clearer, more even complexion. This treatment requires multiple sessions with minimal downtime, allowing you to resume your daily activities. Each session is tailored to your skin concerns, with the number of sessions needed varying based on the severity of the damage and desired results.

Pre-Treatment Instructions for Intense Pulse Light:

- **Cold Sores History:** Inform the doctor if you have a history of cold sores to receive advice on antiviral therapy prior to treatment. If you have a history of cold sores, you should take a prophylactic tablet once a day for 7 days, starting the day BEFORE the procedure.
- **Sun protection:** Avoid sun exposure and use SPF 30+ sunscreen with UVA/UVB filters for at least 30 days before treatment. Tanned skin cannot be treated.
- **Skin Condition:** Ensure the treatment area is free of sunburn, suntan, cold sores, inflammatory acne, eczema, and hypo/hyperpigmentation.
- **Skin Care Precautions:** Stop using retinoids (Retin-A, vitamin A analogues) at least a week before treatment. These products can increase skin sensitivity and potential irritation during the treatment. Avoid products with alpha hydroxy acid (AHA) such as glycolic or lactic acid or salicylic acid products, waxing, electrolysis, masks, scrubs or exfoliants, tweezing, injections, microdermabrasion, the use of loofah or any products that may be drying or irritating 72 hours before your treatment.
- **Isotretinoin:** Isotretinoin use is a contraindication to the procedure and if you have used isotretinoin (also known as Accutane) within 6 months to a year of treatment discuss this with the doctor.
- **Facial Hair:** If you have facial hair, please shave the treatment area one day before your scheduled treatment.

Day of Treatment:

- **Topical Anesthetic:** Anesthetic is not required or recommended for this treatment.
- **Arrive with a Clean Face:** Makeup and impurities can interfere with the treatment.

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- **Immediate Post-Treatment:** Tenderness, a heat sensation, and redness are common after intense pulse light. In the office, a serum or ointment, along with a cold pack, may be applied to alleviate any sensations.

Post-Treatment Instructions for Intense Pulse Light:

- **Post-Treatment:** After the treatment, your skin may appear as though you have a sunburn and feel warm and swollen. Redness may start to subside within 1 to 2 hours and diminish within 24-48 hours yet swelling can persist 3-5 days. Expect pigmentation to look darker for 7 to 14 days post-treatment. The treated areas may feel dry, flaky, and itchy. Do not scrub or pick at the skin. Patterning of the skin may occur, such as fine striping or circular dots, reflecting a demarcation between treated and untreated areas especially if you are tanned and do not report recent sun exposure. This can be blended at your next visit or fade on its own.
- **Avoid Strenuous Activities:** Refrain from strenuous exercise or activities for at least 48 hours. Gyms can harbor bacteria, so avoid them in the first 48 hours.
- **Gentle Skincare Routine:** Begin using a gentle cleanser, moisturizer, and SPF as recommended by your provider.
- **Strict Sun Avoidance/Sun Protection:** For best results and to avoid complications or skin damage, it is important to avoid direct sun exposure for at least 30 days after treatment and apply SPF 30+ sunscreen daily. Sun tanned skin cannot be treated.
- **Makeup Application:** Wait at least 24 to 72 hours after the procedure before applying makeup. Some tinted moisturizers and beauty balms may be applied with brief contact after 24 hours if necessary, but it is recommended to wait the full 72 hours.
- **Follow-Up Appointments:** Attend any scheduled follow-up appointments with your healthcare provider to assess your progress and address any concerns. Multiple treatment sessions are required for optimal results.
- **Follow-Up Appointments:** Attend follow-up appointments with your healthcare provider to review your progress and discuss any concerns. Optimal results require 2-3 treatments. You may schedule the next session 4-6 weeks after your initial treatment.
- **Report Any Unusual Reactions:** If you notice unusual redness, swelling, persistent pain, or signs of infection (such as increased redness, warmth, blister or crusting), contact your healthcare provider promptly.

Remember, individual healing experiences may vary, and it's crucial to follow your provider's specific instructions for optimal results and minimal complications. If you have follow up questions, please call the office at 212-644-8581, M-F 9-5 PM. For after-hours inquiries, the physician's direct contact information is available on our voicemail.

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Skincare Routine Recommendations

The skincare routine outlined below should be done for at least 7 days after your treatment. After the initial 7 days, continue to use SPF daily.

Gentle Cleanser: Use a mild, non-irritating cleanser that is suitable for your skin type. Look for a product that is free of stronger active ingredients (glycolic/salicylic acids), fragrances, and alcohols.

Recommended Gentle Cleansers

CETAPHIL | Gentle skin cleanser
CERAVE | Hydrating Facial Cleanser
LA ROCHE-POSAY | Toleriane Hydrating Gentle Face Cleanser

Moisturizer/Serum: Choose a gentle, hydrating moisturizer or serum that provides adequate moisture without clogging pores or causing irritation. If using both serum and moisturizer, apply the serum first and then the moisturizer.

Recommended Serums

TRNR SKIN | Niacinamide 5% Restorative Serum
LA ROCHE-POSAY | Hyalu B5 Hyaluronic Acid Serum
THE ORDINARY | Hyaluronic Acid 2% + B5 Hydrating Serum

Recommended Moisturizers

TRNR SKIN | Prebiotic Lipid Nourishing Moisturizer
LA ROCHE-POSAY | Toleriane Double Repair Face Moisturizer
CERAVE | Daily Moisturizing Lotion

Sun Protection: Choose an SPF of at least 30. We recommend a mineral sunscreen to help minimize irritation to the skin that a chemical sunscreen may cause.

Recommended Sun Protection

LA ROCHE-POSAY | Anthelios Ultra-Light Mineral Sunscreen SPF 50
LA ROCHE-POSAY | Anthelios Mineral SPF Moisturizer with Hyaluronic Acid SPF 30
SUPERGOOP | Mineral Unseen Sunscreen SPF 40

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