

ConradPetersen

DERMATOLOGY

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Pre- and Post- Treatment Instructions for Intense Pulsed Light (IPL)

Pre-Treatment Instructions:

- Avoid direct sunlight for 4-6 weeks before and after treatment. Apply sunscreen daily and wear hats and sunglasses to avoid exposure. Do not apply self tanners or spray tans on the affected area for 4 weeks prior to treatment.
- Avoid retinol or retinoid products on the area to be treated 48 hours prior to treatment.
- Notify your doctor if you have taken Accutane in the past 6 months.
- Notify your doctor if you have a history of hyperpigmentation or melasma. Depending on your skin type, a bleaching regimen may be started 2-6 weeks before treatment.
- Notify your doctor if you have a history of cold sores. We may write you a prescription for prophylactic antiviral therapy to start on the day of treatment to prevent flare ups.
- Notify your doctor if you have a history of seizures or any photosensitive skin conditions (i.e. lupus). Patients with such conditions may not be candidates for IPL treatment.
- Notify the technician if you have had cosmetic tattooing on or near the area to be treated.

Post-Treatment Instructions:

- There may be redness and moderate swelling at the treatment site immediately after treatment, which may last up to 3 days. The treated area may feel "sunburned" for a few hours after treatment. Brown spots and freckles will appear darker while healing. It will take 4-6 weeks to see the full result and 2-3 treatments may be required to achieve the optimal result.
- The sessions are designed to provide no downtime. However, you may find that occasionally the cheek or under eye areas are slightly puffy after treatment. Swelling can develop the day after treatment, but can be minimized by sleeping on your back with your head elevated, taking antihistamines, and using cool compresses. You may use Tylenol or Ibuprofen to control any discomfort.
- Makeup may be used one day after treatment unless there is blistering.
- Showers are permitted, but gently pat the area dry. Do not rub as the area is extremely delicate while bruising or redness is present.
- Sunscreen of SPF30+ must be used continuously after treatment to reduce the chance of hyperpigmentation. Use a sunscreen that contains zinc oxide or titanium dioxide every morning and reapply after 2 hours of continuous sun or after workouts or sweating.
- Avoid picking or scratching the treated skin. You may resume use of retinoids 48 hours after treatment.

Please call our office with any questions or concerns you may have. Call our office if you experience pain or blisters/scabs.