



# HERITAGE

VEINS & AESTHETICS

*transformative patient care*

INTENSE PULSED LIGHT (IPL) treatments, also known as a photo facial, are a non-invasive laser treatment that helps to treat age or sun spots, face veins, melasma and rosacea. This treatment is hair reducing and should not be used in areas where hair growth may be desired in the future. Not all clients will have elimination of hair in the treatment area, but this is a possibility.

### **IPL PRE-PROCEDURE INSTRUCTIONS**

1. Avoid sun exposure for 4-6 weeks before treatment. Apply sunscreen daily and do not tan at all.
2. Do not use any retinol products or exfoliants on the area to be treated for one week prior to treatment. Avoid Accutane for 6 months prior to treatment. Advise your provider if you have a history of hyperpigmentation.
3. If you have a history of cold sores, we will provide you with a prescription for an antiviral medication. You will take the medication the day before, day of and day after your procedure.
4. You must discontinue any photosensitizing medications like doxycycline or minocycline three days prior to treatment.

### **IPL POST- PROCEDURE INSTRUCTIONS**

Adherence to the Post Procedure Care Instructions will help to minimize any possible adverse effects.

1. Your skin may have a mild sunburn sensation following treatment. This should subside within a few hours. Skin redness is normal and may last for up to three days. There may also be a slight amount of swelling. Crusting or blistering is uncommon and not serious. Pigmented areas may darken initially. This is expected and is normal. They will then begin to flake after a few days. Do not pick at them. They will come off on their own.
2. Use cold compresses for the first 24 hours to help alleviate any discomfort.
3. Your skin will be extra sensitive for 2 -3 days. Use a gentle cleaner like Cetaphil for All Skin Types. Do not rub the skin and avoid hot water during this time. Do not use a loofah or Clarisonic for one week.
4. Do not use any retinoids, alpha or beta hydroxy acid products, Vitamin C products, scrub, exfoliate or have chemical peels performed on the area for one week.
5. Apply a gentle healing cream to the skin. Makeup can be applied immediately provided the skin does not feel painful or have any blistering.
6. Avoid the sun and use SPF 50 physical sunblock. Avoid excess heat or friction to the treated area (heavy exercise or saunas/hot tubs) after the procedure.
7. If you have blistering or pain contact us. Also call if you have any sign of infection after the procedure. If pigment changes persist beyond four weeks you should contact us to discuss.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

