



IPL PRE & POST CARE

In order to proceed with your appointment, all instructions and policies must be followed accurately.

Appointment Etiquette & Policies:

- Guests and children are not permitted to come to your appointment.
- Please arrive on time for your appointment. Late appointments beyond 5 minutes will be rescheduled.
- Phones must be put on silent or vibrate and used for emergencies only.
- Gum/mints are not permitted during your appointment.
- Please reschedule if you're sick or not feeling well.

Before your appointment...

- Do not use Retin-A, retinol or other exfoliating creams, toners, cleansers, serums in the area 5-7 days before your treatment (the longer the better).
- Shave the area one day prior to treatment.
- No perfume, lotion or cologne on the treatment area prior to procedure.
- Do not tan or expose the treatment area to too much sunlight 2 weeks prior to procedure. additionally, do not use self-tanner on the area to be treated at least 7 days prior to your appointment.
- No waxing, threading, tweezing or use of any chemical depilatories or bleach the area within 14 days before and while undergoing the treatment sessions.
- Clients who have had a chemical peel, botox, filler, or other skin procedure or specialty facial must wait at least 2-3 weeks before an IPL treatment.
- Clients must not have used Accutane for 12 months prior to treatment.
- Avoid caffeine for 24 hours before your appointment.
- Avoid alcohol and drugs for 72 hours before your appointment.
- Avoid Advil, Naproxen, Ibuprofen, or other non-prescription anti-inflammatory medications for 3 days prior to your appointment.
- Eat a healthy and hearty meal before your appointment.

After your appointment

- No exposure to sunlight for 1-2 days. Minimal sun exposure 3-7 days after treatment and use sunblock (SPF 30 or more) and reapply every 2 hours.
- No deodorants, perfumes, perfumed lotion, cologne or any cream that may irritate the treatment area for 1-2 days.
- No strenuous exercise that causes excessive sweating for 1-2 days.
- No hot bath/swimming pool for 1-2 days.
- Apply ice packs and aloe vera gel if needed to reduce redness, soothe irritation, and reduce swelling.