

IPL Pre- & Post-Care Instructions

Before Your Treatment

Sun & Tanning

- No sunbathing, tanning beds, or self-tanners
- Use **SPF 30+ daily** and protective clothing outdoors

Skincare Products

- Stop **retinoids, glycolic/salicylic acids, benzoyl peroxide, and Vitamin C**

Hair Removal

- Do not wax, thread, or use depilatory creams in the treatment area

Medications

- Inform your provider of all medications
- **Photosensitizing drugs** (e.g., tetracycline) and **Accutane within 6 months** are contraindications

Other Treatments

- Avoid chemical peels, microdermabrasion, or injectables in the treatment area
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Day of Treatment

- Arrive with **clean skin** (no makeup, lotions, sunscreen, or perfume)
 - Avoid **ibuprofen/aspirin** for **24–48 hours prior**, if approved by your provider
 - No **strenuous exercise, saunas, or steam rooms**
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After Your Treatment

Normal Reactions

- Redness, warmth, or mild swelling may last up to **24 hours**
- Darkened pigment may flake off in **7–14 days** — do not pick

Sun Protection

- Avoid sun exposure for **2 weeks**
- Apply **SPF 30+ daily** and reapply as needed

Skincare

- Use **gentle cleanser and moisturizer only** for **3–5 days**
- Avoid active products until skin is fully healed

Heat & Activity

- Avoid hot showers, saunas, and strenuous exercise for **24–48 hours**
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Why It Matters

IPL uses light energy. **Tanned or irritated skin increases the risk of burns and pigmentation changes.** Clean, protected skin ensures safer treatment and better results.