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Intense Pulsed Light (IPL)

Before your procedure:

- Avoid sun exposure and sunless tanners prior to procedure. The area of treatment must be PALE to reduce the risk of scarring and discoloration. If the procedure cannot be completed, a cancellation fee will be collected.
- No other injectables or procedures are to be completed in the area for 2 weeks before or after treatment. Discontinue exfoliating and/or irritating topicals (i.e. Retinol, Tretinoin, acids, hydroquinones) and topical prescription medications for 1 week before treatment.
- If hair is present in treatment area, please shave the morning of treatment.
- IPL treatments can cause a cold sore or acne eruption for which oral medications can be prescribed. Treatment cannot be completed if an active cold sore is present.

After your procedure:

- Expect redness, a "sunburn-like" feeling, and possible swelling post procedure, which can last several days. If needed for comfort, apply cold packs for 10 minutes on and 10 minutes off, and/or take acetaminophen. Benadryl may be taken for continued swelling. Sleeping propped up or elevated will help reduce swelling the next morning.
- Pigmented spots will turn darker and look like coffee grounds on your skin for 7-10 days on the face or chest, and up to 3-4 weeks on the legs, arms, or hands. Do not pick, scratch, or exfoliate the superficial crust. Red vessels will disappear and reappear, full results will be in 1(one) month.
- Do not use exfoliating or irritating topicals for 2 weeks post procedure. Use a gentle cleanser to wash your face (no washcloth or harsh scrubs), and a moisturizer if needed.
- Avoid direct sunlight for 4 weeks after treatment. When exposed to sun, apply a broad spectrum sunblock of SPF 45+ with zinc and titanium, wear wide-brimmed hats, and sun protective clothing.
- Avoid sweating and strenuous activities for 1-3 days, especially while skin is irritated.
- Multiple treatments are recommended for best outcomes, each at an additional price.

Beaches Dermatology has a 2 business day cancellation or rescheduling policy, if an appointment is changed within this time, a fee will be collected.