

Pre-Treatment IPL/DYE-VL:

- No use of any product containing retinol or retinoids, glycolic, salicylic, or lactic acids 7 days prior to treatment. This includes no use of at home scrubs or exfoliation products.
- No Chemical Peels 2 weeks prior to treatment.
- No prolonged sun exposure to the face or area being treated 1 week prior to your treatment. Treatments cannot be performed on sunburned or recently tanned skin. This includes no use of tanning bed or tanning lotions.
- If treating for pigment and you have a darker skin type; you may need to start skin lightening serum or hydroquinone 4 weeks prior to treatment to reduce the risk of developing post inflammatory hyperpigmentation (darkening of the skin). If applicable, your provider will discuss this with you.
- No treatment if currently pregnant or breastfeeding.
- No use of Accutane within the last 12 months or antibiotics in the last 2 weeks.
- If you have a history of cold sores, please be sure to advise your provider prior to treatment to assess if an anti-viral prescription needs to be obtained.
- If you are planning to receive any injections in the treatment area (ie neuromodulators or dermal fillers) please plan to do so 2 weeks prior to or 2 weeks after treatment as long as skin is completely healed.
- Avoid alcohol and nicotine 3 days prior to and after treatment as the use of these products contributes to potentially longer healing times as well as increased risk of complications and delay of optimal results.
- No NSAID's (ibuprofen, naproxen, Aleve, Motrin, Celebrex), No Aspirin and No blood thinners. If you are on medication prescribed by your doctor that may thin your blood or affect blood clotting, please notify your primary care provider you are planning on having an aesthetic medical procedure. Avoid supplements that tend to thin the blood such as Gingko Biloba, Garlic, Turmeric, Flax Oil, Fish Oil, Vitamin E.
- If you tend to easily bruise or swell, you may begin an OTC Arnica regimen as directed 3 days prior to treatment.
- If an active or extreme breakout or wound occurs before treatment, please contact the office to reschedule your procedure.
- On the day of treatment, keep your face clean and do not apply makeup or moisturizers.



Post-Treatment IPL/DYE-VL:

- Immediately following treatment, the skin may feel hot like a mild sunburn sensation. This will slowly resolve over the next few hours. Expect to be red and puffy.
- You may ice treated area to alleviate discomfort and minimize swelling (do not apply ice directly to skin).
- The pigment to the areas treated will be significantly darker in color (browns will appear as “coffee ground” scabs on the skin). This may take 7-10 days to heal on the face. Other areas of the body may take up to 4 weeks to fully resolve/heal. It is important to not pick or exfoliate prematurely as this can lead to hypopigmentation (lightening of skin). Let scabs slough off naturally on their own.
- Red pigments and vascular lesions tend to be more superficial therefore these may respond as a greying color as well as tendency for bruising and swelling.
- It is normal to experience dryness, tightness, crusting, itching, redness, bruising, soreness, and swelling that may last 3-10 days following your procedure.
- If you tend to easily bruise or swell, you may use OTC Arnica regimen as directed for 3 days following treatment.
- You may take Tylenol or Ibuprofen to alleviate discomfort and/or swelling.
- Avoid prolonged exposure to the sun for at least 1 week after treatment. It is recommended to use a medical grade broad spectrum UVA/UVB of SPF 30 or greater at all waking hours.
- Avoid sweating, steam rooms, saunas, swimming, and hot tubs until redness has resolved.
- Use a gentle cleanser and warm water to cleanse the face for 1 week post treatment. Make sure your hands are clean any time touching the treated area. Resume retinols & glycolics 1 week post treatment. Do not use a powered cleansing brush 2 weeks post treatment.
- Do not wash treatment area or shower for a minimum of 4 hours post treatment.
- Maintain a healthy diet including plenty of water post treatment.
- Please call our office 916-242-2662 if you have any questions or concerns.
- If you experience any type of blistering or adverse reaction, please call the office immediately.

