



PRE & POST CARE FOR IPL TREATMENTS

Before your treatment:

- Do not wear make up on the day of treatment
- No suntanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk of bruising
- Avoid treatments that may irritate the skin for 1 to 2 weeks prior to treatment
 - Waxing, depilatories, dermaplaning, acid peels, etc.
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Bruising, redness, and swelling are common and resolve with time
- Treated pigment will turn dark (brown to black) within 24-48 hours
 - Do not pick at treated areas
 - Treated pigment will exfoliate off the face in approximately 1 week
 - Treated pigment will exfoliate off the body in approximately 2-3 weeks
- Avoid heat-hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants for a few days post treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Additional instructions: _____

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