

SANCTUARY

DERMATOLOGY



Proper pre-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

IPL PreTreatment Instructions

Before Your Appointment

- It is imperative that you avoid sun exposure and tanning beds for at least 4 weeks prior to your treatment. This is a must, and no exceptions will be made.
- Avoid applying self-tanner for 2 weeks prior to treatment.
- Inform the doctor if you are taking blood thinners or regularly take aspirin or ibuprofen.
- Avoid alcohol for 2 days prior to treatment.
- Inform the doctor if you have taken Accutane (oral acne medication) in the past 6 months.
- Store ice packs in your freezer for use after your procedure.

The Day of Your Appointment

- Please arrive without creams or make-up on the treatment area if possible.
- Allow 45-90 minutes for your appointment depending on the size of the treatment area.
- Pre-treatment photos will be taken.
- Prior to treatment, you will be given eye shields to wear to protect your eyes.
- If you choose to use a topical anesthetic for your treatment, please arrive 30 minutes prior to your scheduled appointment time. Feel free to bring your earbuds or headphones. Our iPads will be available for your entertainment should you choose to numb for your procedure.

Treatment Recommendations

For best results for facial IPL, it is recommended patients undergo 4 weeks of treatment.



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IPL Post Treatment Instructions

After treatment, please be aware and observe the following:

- You will be given a cool compress to apply after treatment.
- Make-up may be applied to cover redness as needed.

What to Expect

- Your skin may be temperature sensitive for several days after treatment.
- Expect your skin to appear pink (resembling mild sunburn) for a few hours after treatment.
- Brown spots and freckles will appear darker while healing.
- It will take 4-6 weeks to see the full result and 2-3 treatments may be required to achieve an optimum result.
- The sessions are designed to provide no downtime however, occasionally you may find that your cheeks and under eye areas are slightly puffy after treatment. You may use cold compresses (5 minutes on and 10 minutes off) several times an hour to help ease both redness and swelling.
- Sleeping with your head elevated for the first night will also help decrease any swelling you may experience.
- Blistering and crusting are rare; however, if these do occur a thin layer of over-the-counter antibiotic ointment such can be applied 2-3 times a day for 3 days. Please call us if you experience either of these uncommon reactions.
- Hyperpigmentation (darkening of the skin color) can occur in some skin types. Please call us if you experience this uncommon reaction.

After Care

- Use mild cleansers and moisturizers.
- Avoid Aspirin, Ibuprofen, alcohol, heavy exertion, and activities which may cause flushing for 2 days after treatment.
- Avoid harsh topical products such as retinols and glycolic acid products for one week after.
- Avoid direct sunlight on the treated area and use a broad-spectrum UVA/UVB sunscreen of SPF 30 or greater for 4 -6 weeks after your treatment.
- Anticipate some social downtime following your treatment.

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Maximizing Treatment Benefits

Maximize your treatment results with immediate post-treatment skin care products as recommended by your doctor or a T&G aesthetician. They will compose a simple, customized skin care regimen for you to maintain the desired results and benefits of your treatment.