

IPL/LASER
PRE- AND POST-PROCEDURE INSTRUCTIONS

VASCULAR LESIONS (VEINS)

BEFORE TREATMENT

1. Patients with certain medical conditions may be asked to provide a letter from their primary care physician or specialist stating that it is safe to undergo IPL and/or laser treatments.
2. Avoid applying cream or lotion to the area where treatment is planned the day of the treatment. Any residue from lotions can increase the risk of an adverse reaction.
3. Antibiotics must be avoided 14 days prior to treatment. If you are prescribed antibiotics, please call the office to reschedule your appointment to avoid any adverse reactions from the laser treatment.

AFTER TREATMENT

1. To increase effectiveness of treatment, we recommend that patients refrain from any high impact exercise for 3 days after treatment. Leisurely walking no more than a mile is permitted.
2. Although we do not require it, patients may wear 10-20 % Lycra/Spandex nylon for 3 days after treatment. This helps keep veins compressed. It is not necessary that you wear these nylons to bed.

PIGMENTED LESIONS AND PHOTOTHERAPY

1. Since treatment may alter the size, shape, and coloring of any skin lesion/mole, it is imperative for you to inform us of any “beauty mole” that you do not wish to alter the appearance of.
2. Some patients may be asked to see a Dermatologist and supply written documentation to allow treatment of certain skin lesions.
3. As with vein and hair removal treatment, any degree of suntan may make the treatment less effective and increase your risks of adverse effects such as, blisters, increased or decreased pigmentation, and/or scars. It is absolutely necessary that you avoid the sun as much as possible both prior to and after treatment. When exposed, a sunscreen that blocks both UVA and UVB rays (SPF 15- 30) should be applied.
4. All glycolic acid and alpha hydroxy acid products should be discontinued 2 days prior to and 2 days after procedure to decrease chance of adverse effects from procedure.
5. Pigmented lesions may become darker in appearance then slough or peel off for up to 7 days following treatment. A crust or blister may form and will usually heal within the first 5-10 days of treatment.
6. Immediately after treatment, especially treatments to face, the skin may swell temporarily. This swelling usually subsides within 3-7 days.
7. The skin may be fragile at or near the treatment site resulting in blistering or scaling. If this is noted makeup application and any rubbing of this skin should be avoided for 2-3 days after treatment to reduce potential adverse effects. Many patients do not have any blistering and/or crusting and are able to apply makeup immediately following treatment; however, it is recommended that no vigorous rubbing take place for a few days after treatment.
8. During the 1-2 weeks following the treatment it is best to keep the area covered if it is to be exposed to a large amount of dirt (e.g. gardening). This will decrease chance of infection.
9. Bruising may occur in the treatment areas and may last from 5-15 days. As the bruise fades there may be a rusty-brown discoloration to the area. This will usually fade within 1-3 months. Rarely will this increased pigmentation last longer and/or become permanent provided the patient follows proper pre and post procedure sun avoidance directions.

10. Antibiotics must be avoided 14 days prior to treatment. If you are prescribed antibiotics, please call the office to reschedule your appointment to avoid any adverse reactions from the IPL treatment.

CANCELLATION POLICY: Due to our extensive waiting list, any laser appointment that is not cancelled with 24 hours of the appointment time will be charged in the amount of 50% of the services that were scheduled. Thank you for your cooperation and understanding.