Pre-Treatment Instructions for IPL

- Two to four weeks before your IPL treatment please avoid ALL
  - direct sun exposure
  - tanning beds
  - Self-tanning lotions
  - Sunless spray tans
    - Pigment from either the sun, tanning beds, or self tanners can absorb more energy from the IPL and can lead to more complications and discomfort
- Please shave the night before your treatment if –
  - You are having your legs or arms treated with the IPL
  - You are a man having IPL treatment of your face/neck/arms/legs/hands/back/chest
    - Hair absorbs extra energy from the IPL and can lead to more complications and discomfort
- Please do NOT wear any makeup to your IPL appointment (if you are having your face treated)
  - Makeup can absorb more energy from the IPL and can lead to more complications and discomfort
  - If you must wear makeup to your appointment, please arrive 10 minutes early so that you may visit our facial cleansing station before your treatment
- For best results from your IPL you will want to
  - Schedule a facial peel 1 week prior to your first IPL treatment. This preps the skin and gives superior results.
  - Begin your personalized skin care regimen (Advanced Brightening Kit) 1-4 weeks before your first IPL treatment