



### Intense Pulse Light (IPL) Treatment

#### Pre-Treatment Instructions:

- Please try to refrain from wearing any makeup to your appointment.
- Treatment can NOT be performed on recently sun exposed skin or sun tanned skin.
- Avoid active sun exposure and tanning beds for approximately 2 weeks prior to the treatment. Use a broad spectrum SPF 30+ daily.
- Avoid the use of self-tanners on the area being treated for approximately 2 weeks prior to the treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to the treatment.
- Botox and/or facial fillers within 48 hours prior to your treatment is not recommended.
- Treatment can not be performed if you have used Accutane (oral acne medication) within 6 months prior to the treatment.

#### Post-Treatment Instructions:

- Avoid heat and keep the skin cool during the first day of treatment.
- Avoid strenuous exercise for 24 hours post-procedure.
- Direct sun exposure should be avoided for 2 weeks post-procedure. You MUST use a broad spectrum UVA/UVB sunscreen SPF 30+ post-procedure.
- Avoid harsh scrubs and acids including glycolic, salicylic, Retinol and Retin-A for 5 days post-procedure.
- You may resume your normal skincare routine (avoiding scrubs) 5 days post-procedure.
- If any crusting appears, apply moisturizer as needed to soothe the skin.
- Avoid picking or exfoliating the treated area to avoid causing any adverse reaction.
- Makeup can be applied after treatment as long as the skin is not broken.

#### Side Effects:

- You may experience a sunburned sensation immediately following the treatment and typically subsides within 1-2 hours.
- Skin may appear red for 24 hours post-procedure.
- Pigmentation will appear slightly darker and will naturally exfoliate off over 7-10 days.
- Body: pigmentation will naturally exfoliate off over 14-20 days.
- Swelling, especially under the eyes is a common side effect post procedure and can last 3-5 days.
  - Cold compresses and/or ice and antihistamines (Benadryl) is recommended to reduce swelling.
  - Sleeping with your head slightly elevated, drink fluids and avoid salty foods.
  - You may take NSAIDs (Ibuprofen, Aspirin) or Tylenol.



After Care Regimen:

- Cleanse: Use a gentle cleanser morning and night. Do not scrub and/or use a washcloth until skin has fully healed. Gently pat skin dry after cleansing.
- Moisturize: Apply a soothing and hydrating moisturizer to the skin morning and night. You may apply this throughout the day if you find that your skin feels dry and/or itchy.
- Protect: Apply a broad spectrum UVA/UVB sunscreen SPF 30+ every morning and throughout the day. Avoid direct sunlight for at least one week prior and 2 weeks after.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email [info@seamistmedspa.com](mailto:info@seamistmedspa.com) with EMERGENCY DR. SIMPSON.