



Intense Pulsed Light (IPL) Instructions

Pre-Treatment Instructions:

- Please refrain from wearing makeup to your appointment, if possible.
- Treatment cannot be performed on recently sun-exposed 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+ sunscreen daily.
- Avoid the use of self-tanners on the area being treated for approximately 2 weeks prior to treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or a similar medication no later than 24 hours before treatment.
- Botox and/or facial fillers within 48 hours prior to your treatment are not recommended.
- Treatment cannot be performed if you have used Accutane (oral acne medication) within 6 months.

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 reactions.
- Makeup can be applied after treatment, as long as the skin is not broken.

After Care Regimen:

- **Cleanse:** Use a gentle cleanser morning and night. Do not scrub and/or use a washcloth until the skin has fully healed. Gently pat the 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 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 1 week before and 2 weeks after the treatment.

Side Effects:

- You may experience a sunburned sensation immediately following the treatment, which typically subsides within 1-2 hours.
- Skin may appear red for 24 hours post-procedure.
- Face 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 (e.g., Benadryl) are recommended to reduce swelling.
- Sleeping with your head slightly elevated, drinking fluids, and avoiding salty foods may help.
- You may take NSAIDs (Ibuprofen, Aspirin) or Tylenol for pain relief.

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