

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.
- Notify SeaMist MedSpa 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, acids, benzoyl peroxide, Retin-A or other vitamin A compounds for 5 days post-procedure. ○ You may resume your normal skincare routine (avoiding scrubs) 5 days post-procedure. ○ Pigmentation will appear slightly darker and will naturally exfoliate off over 7-10 days. 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.
 - 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, drinking plenty of fluids and avoid salty foods. ▪ You may take NSAID's (Ibuprofen, Aspirin) or Tylenol.

After Care Regimen:

Patient should adhere to the following regimen for optimal post care:

- 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 2 weeks.

* After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON