



PLATEROTI
AESTHETICS

Recommended Pre & Post Procedure Guidelines

IPL (Intense Pulse Light)

In order to minimize the risk of possible side effects and complications please follow these simple steps:

Pre-Treatment

- Avoid excessive sun exposure 4 weeks prior and post treatment, during the intense heat of the day (between 10am to 3pm), no more than 30 minutes in the direct sun. Wear a wide brim hat along with sunblock with an SPF 30 or higher and ideally use one containing Zinc and/or Titanium. This is regardless of the outside weather conditions as UV rays remain present and powerful during the winter months.
- Avoid self-tanners (spray tans, tanning lotions & tanning beds) 4 weeks prior to treatment.
- Schedule your appointment at least 2 weeks prior to a special event. Bruising and swelling may be apparent in that time period.
- Do NOT wear makeup on the day of the treatment.
- Men, please be clean shaven in the areas of treatment.
- Discontinue use of topical products containing Retin A, Benzoyl Peroxide, Glycolic Acid, Exfoliators or Bleaching agents 2-3 days prior to each treatment.
- Refraining from alcohol at least 2 days prior to treatments may decrease the risk of bruising.
- Avoiding certain medications at least 3 days prior may decrease the risk of bruising and swelling. Medications include: Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS. (please speak to your physician before stopping any regimen).
- Let the provider know if you have a history of cold sores. An antiviral may be prescribed.
- You may NOT be pregnant or breastfeeding to have this treatment done.
- You may NOT have an active rash in the area being treated, must be 6 months after last dose of Accutane.
- Discontinue all topical and/or oral antibiotics at least 3 days prior to treatment.

Post-Treatment

- You may experience mild to moderate swelling, redness or bruising which can last for 1-3 days. Cool compresses or ice packs will reduce the discomfort.
- Tiny scabs may form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched and should be allowed to shed naturally.
- Wash your face twice daily with a gentle cleanser and tepid water.
- Apply a hydrating and calming product as needed to keep your skin hydrated during the healing process, please ask an Aesthetic Coordinator for recommendations at time of procedure.
- Avoid sun exposure for 14 days. Apply a mineral based sunscreen with SPF 30 or higher to the area Daily.
- Makeup may be used in 48 hours if the heat is gone and if the skin is not broken (suggested mineral based makeup).
- Avoid strenuous exercise, hot tubs, saunas, hot baths and showers for 48 hours.
- Avoid irritating skin care i.e. exfoliants, Tretinoin (Retinol) products, and Glycolic/Salicylic Acid based products.
- Try to sleep face up and slightly elevated if you experience swelling.
- Use Tylenol for discomfort.