



## PRE-TREATMENT INSTRUCTIONS FOR IPL

For brown spots and/or redness

We can't wait to see you! Here are some pre-treatment instructions and recommendations to review before your appointment.

1. Please arrive with clean skin, void of make up, moisturizers, lotions, etc.
2. Inform your provider of your medical history and any medications that you take, both prescription and over the counter.
3. Inform your provider if you have a history of cold sores. This treatment can provoke an outbreak of cold sores for those with a history, and prophylactic treatment may be indicated.
4. Inform your provider if you are currently taking Accutane, or have taken Accutane in the last 12 months.
5. Inform your provider if you are pregnant or breastfeeding.
6. Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for one week before your treatment
7. **ABSOLUTELY NO TANNING BEDS, SELF TANNERS, OR UNPROTECTED SUN EXPOSURE FOR AT LEAST 2 WEEKS PRIOR TO YOUR APPOINTMENT.**