



# Northern Arizona Dermatology Center

## INTENSE PULSE LIGHT (IPL)

### Pre-Treatment Requirements:

- Ok to take acetaminophen (Tylenol) 20 minutes before procedure.
- **Do Not** tan for 4 weeks prior treatment.
- **Do Not** drink caffeine the day of the procedure before treatment. Okay to drink it after treatment. It will make the treatment hurt more.
- **Do Not** color your hair 1 week prior to IPL treatment.
- Daily application of SPF 40 or higher sunblock (50 SPF is preferred) that contains zinc oxide and titanium dioxide to treatment area 4 weeks prior to treatment and between treatments.
- Discontinue all Retin-A, Renova, tretinoin, glycolic acids, topical vitamin C products, and anything else which can be irritating, for 5 days before treatment.
- Inform us if you have taken Accutane within the past 6 months.
- Inform us of any changes in your medical history since your last visit.
- Inform us if you have had chemical peels, dermabrasion, laser resurfacing or a face lift since your last visit.
- Remove makeup, cleanse and completely dry the area to be treated prior to procedure.
- No blood thinning medication or supplements (i.e. Advil, ibuprofen, vitamin E, aspirin, fish oil, flax, krill, etc., or ALCOHOLIC BEVERAGES, for 3-5 days prior to procedure).
- If you were exposed to the sun and got sunburn, please wait 1 month until you get an IPL treatment.

### Post-Treatment Requirements:

- Cool compresses can be used, if needed, to decrease redness or swelling. We do not expect bruising, but it can happen. Please schedule accordingly. **IT CAN TAKE 2-3 WEEKS FOR BRUISING TO RESOLVE.**
- Wash area twice a day with a gentle cleanser, cool or tepid water, with your hands only, and pat dry.
- A moisturizer containing SPF 40 or higher sunblock (50 SPF is preferred) that contains zinc oxide and titanium dioxide be applied **daily** and reapplied during the day if necessary.
- Avoid unnecessary sun exposure.
- Use of Retin-A, Renova, glycolic acids, vitamin C products, and any other potential irritants may be started after all irritation from the procedure resolves.
- Please call us at the first sign of persistent pain and blistering (applying both triple antibiotic ointment and hydrocortisone cream (50/50 of each) once a day with a maximum of 2 days, can help the blistering and scabbing, if any).
- **Do Not** exercise vigorously for 48 hours after treatment.
- **Do Not** take hot showers, baths or use saunas for 48 hours after treatment.
- Continue use of antiviral medications as prescribed (if applies).
- Review packet prior to next procedure.

### Post-Treatment Expectations:

- May have some redness and swelling that may last from a few hours to a couple of weeks.
- May have peeling occur on days 3 and 4.
- Brown spots will last 2 weeks and get darker and dissipate; do not scrub off.
- Red or broken red blood vessels/capillaries will last about 3 weeks.
- May notice less reaction in subsequent treatments.

**Sedona**  
95 Soldiers Pass Rd., Ste. C-2  
Sedona, AZ 86336  
Phone: 800-469-5074  
Fax: 928-779-0884

**Northern Arizona Dermatology Center**  
**Flagstaff**  
1490 N. Turquoise Drive  
Flagstaff, AZ 86001  
Phone: 928-774-5074  
Fax: 928-779-0884

**Cottonwood**  
450 S. Willard St., Ste. 115  
Cottonwood, AZ 86326  
Phone: 928-639-9596  
Fax: 928-639-0189