



Pre-Treatment Instructions for IPL

- **Four weeks before your IPL treatment please avoid ALL**
 - **direct sun exposure**
 - **tanning beds**
 - **Self-tanning lotions**
 - **Sunless spray tans**
 - **Pigment from either the sun, tanning beds, or self tanners can absorb more energy from the IPL and can lead to more complications and discomfort**
- **Please shave the night before your treatment if –**
 - **You are having your legs or arms treated with the IPL**
 - **You are a man having IPL treatment of your face/neck/arms/legs/hands/back/chest**
 - **Hair absorbs extra energy from the IPL and can lead to more complications and discomfort**
- **Please do NOT wear any makeup to your IPL appointment (if you are having your face treated)**
 - **Makeup can absorb more energy from the IPL and can lead to more complications and discomfort**
 - **If you must wear makeup to your appointment, please arrive 10 minutes early so that you may visit our facial cleansing station before your treatment**
- **For best results from your IPL you will want to**
 - **Schedule a facial peel 1 week prior to your first IPL treatment. This preps the skin and gives superior results.**
 - **Begin your personalized skin care regimen (Advanced Brightening Kit) 1-4 weeks before your first IPL treatment**

