



## Intense Pulsed Light (IPL) / Photofacial: Pre and Post Instructions

### Pre Treatment

- Please arrive to your appointment without makeup
- Do NOT tan or use self-tanner for at least 3-4 weeks prior to your treatment.
- STOP retinoids such as Tretinoin, Renova, Differin, Tazorac, glycolic acids, or other exfoliants one week prior to treatment.
- DO shave ALL hair present in the area to be treated. Men should shave the beard area twice in succession to ensure a close shave if this is the area we are treating.
- DO let our team know if you have a history of cold sores, as you may need to pre-treat with an oral antiviral medication three days before your scheduled visit.
- Do NOT have treatment if you have used Accutane (isotretinoin) within the last 6 months.
- On the day of treatment, please arrive with clean skin without makeup, moisturizers, or sunblock.

### Follow-Up Treatment

- Follow up treatments should be scheduled about every 4-6 weeks.
- Consistent treatments will produce the best results. For pigmentation, 1-2 treatments may be all that is necessary initially but maintenance treatments are usually needed.
- For diffuse redness (rosacea), it may take 3-5 treatments for optimal results.
- For anti-aging, we recommend IPL 4x year for lighter skin types.

### Post-Treatment

- Some patients have a mild sunburn sensation that typically resolves in a few hours.
- DO be gentle with your skin in the following days. Use gentle cleansers (Cetaphil, CeraVe), lukewarm water, and do not rub or pick the skin.
- It is CRUCIAL to avoid sun exposure and self-tanner between treatments. Use a broad spectrum (UVA/UVB) sunscreen SPF 30 or greater on the treatment area at all times.
- Please allow brown pigmented areas to naturally flake off (do NOT pick). This may take 5-10 days. You may spot treat with Neova tissue repair or Aquaphor to eliminate dryness and promote healing.

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- Moisturizers and makeup may be used immediately if the skin is not broken.
- Refrain from using exfoliating agents (AHA's/BHA's/PHA's/retinoids/ scrubs) for 5-7 days post-treatment.
- Do NOT have chemical peels, facials, or microdermabrasion for 2-3 weeks.
- Avoid any strenuous exercise 24 hours post IPL treatment, avoid extreme heat in the area, i.e. hot tubs, saunas, steam rooms, hot showers.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call or text the office for assistance at 202.333.4445 and email us at [info@helaspa.com](mailto:info@helaspa.com).