



212.366.4787 | www.beautyfixmedspa.com

IPL PHOTOFACIAL PRE- AND POST-CARE GUIDE

IPL or Intense Pulsed Light treatments use a broad beam of high intensity pulses of visible light to improve pigmentation, broken capillaries, age spots, sunspots, broken capillaries, acne, melasma, and rosacea.

PRE-TREATMENT INSTRUCTIONS

Avoid sun exposure (apply sunscreen daily and do not tan at all – including self-tanner - for **4 to 6 weeks** before and after treatments.

Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for **1 week** prior to treatment

Avoid Accutane (or isotretinoin products) for **6 months** prior - let your provider know if you have a history of hyperpigmentation

If you have a history of fever blisters/cold sores, notify your treatment provider. If you have a current prescription, Valtrex 500mg should be taken by mouth **twice daily on the day before, the day of, and the day after your treatment.**

Please notify the provider if you have had any cosmetic tattooing on or near the area to be treated.

Photosensitizing medications including doxycycline and minocycline should be discontinued **3 days** prior to the treatment.

Come to your appointment with a clean face/skin. Remove all makeup if the area to be treated is the face.

POST-TREATMENT INSTRUCTIONS

You may have a mild sunburn (burning) sensation following the treatment that is usually gone within **a few hours**. Skin redness is normal and may last **a few days**.

There may be a slight amount of swelling. Crusting or blistering is uncommon and not serious. Pigmented areas may begin to flake after **a few days**.



212.366.4787 | www.beautyfixmedspa.com

IPL PHOTOFACIAL PRE- AND POST-CARE GUIDE

Cold compresses may be useful for the first **24 hours**.

Your skin will be fragile for **2-3 days**. Use gentle cleansers, do not rub the skin, and avoid hot water during this time.

Do not use a Clarisonic or a loofah on the treated area for **at least 1 week**.

Do not use any retinoids, tretinoin, or products containing alpha hydroxy, beta hydroxy, and Vitamin C. Discontinue use of exfoliants or have chemical peels performed on the areas treated for **1 week**.

If the skin is not broken, makeup can be applied immediately.

Avoid excessive heat or friction to the treated area.

Sunspots and age spots will darken with the IPL treatments *before* they begin to respond and resolve. This is expected and a normal part of the IPL process. Do not pick these spots once they become dry. They will lift and fall off on their own.

Anticipate downtime of **2 to 5 days** before any redness, swelling and sloughing of the sunspots has subsided.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.