

IPL (Intense Pulsed Light)

CONTRAINDICATIONS:

- Disease which may be stimulated by light: Lupus, Porphyria, Dermatomyositis and Epilepsy
- History of seizures or unable to tolerate bright flashes of light
- Tanned skin in treatment area
- Dark natural skin type
- Treating over tattoo or permanent makeup
- Any active skin condition in the treatment area such as sores, infection, psoriasis, eczema, or rash
- Pregnancy or breastfeeding
- Currently under treatment for cancer
- Any surgical procedure in the treatment area within the last three months
- Recent or current use of ISOTRETINOIN (e.g., ACCUTANE) within the last 6 months

PRECAUTIONS:

- Tanned skin cannot be treated (fake tan also= unable to treat)
- **** DISCONTINUE USE OF ALL TRETINOIN and retinol products (RETIN-A, ALTRENO, AKLIEF, VELTIN) for 2 weeks prior and TOPICAL VITAMIN C (ASCORBIC ACID)****
- History of herpes simplex (cold sores) in the treatment area, unless taking a prophylactic regimen (ask us)
- **CANNOT** use or take these medications for at least 2 weeks prior to treatment:
 - Oral antibiotics such as: **DOXYCYCLINE, MINOCYCLINE, TETRACYCLINE; ERYTHROMYCIN, CIPROFLOXACIN, LEVOFLOXACIN, DAPSONE, BACTRIM**
 - **METHOTREXATE, PLAQUENIL (HYDROXYCHLOROQUINE), LAMISIL (TERBINAFINE)**
 - **HYDROCHLOROTHIAZIDE** (blood pressure medication)
 - Anticoagulants such as ASPIRIN, NSAIDS (IBUPROFEN, MOTRIN, ALEVE, ADVIL, EXCEDRIN)
 - High dose vitamin such as VITAMIN E, VITAMIN C, OMEGA 3'S OR FISH OIL (multivitamin is ok)
 - Prescription anticoagulants such as **XARELTO; COUMADIN; HEPARIN; PLAVIX**
 - Cannot have had recent acne treatment with **ISOTRETINOIN (ACCUTANE)** in the last 6 months
- Ideally wait 1 month after last cosmetic injections of Botox, Dysport, or filler injections
- Wait 1 month after any deep chemical peel or laser resurfacing

POST-TREATMENT EXPECTATIONS:

- You will look "sunburned" or very red in the treated area immediately, this will fade over hours to days
- Darkening of your brown spots, or purplish/black pigment, and crusting may all occur as part of normal post-treatment healing. Some redness and swelling may also appear more briefly; the dark spots will slowly resolve in 2-3 weeks. Moisturize only. Do not pick (picking will cause white scars)
- Blanching (lightening), greying or a deep purple/blackening of the red vessels may occur over the course of a few days as the damaged tissue will be broken down and absorbed over 3 to 18 days.
**** Check your calendar for events as we cannot predict who may have longer/severe side effects.**
- Avoid sun exposure and anything that heats the skin (ie hot-tubs, saunas, and intense exercise) for 3 days

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