

IPL (Intense Pulsed Light)

PRECAUTIONS:

- **** DISCONTINUE USE OF ALL TRETINOIN and OTC retinol products for 2 weeks: (RETIN-A, ALTRENO, AKLIEF, ARAZLO, DIFFERIN)**
- ****DISCONTINUE TOPICAL VITAMIN C (ASCORBIC ACID)**
- Ask provider if history of herpes simplex (cold sores)
- CANNOT use or take these medications for at least **2 weeks** prior to treatment:
 - Oral antibiotics such as: DOXYCYCLINE, MINOCYCLINE, ERYTHROMYCIN, CIPROFLOXACIN, LEVOFLOXACIN, DAPSONE, BACTRIM
 - 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)
 - Other medicines to discuss with provider: methotrexate, plaquenil (hydroxychloroquine), lamisil (terbinafine), hydrochlorothiazide (blood pressure medication), prescription anticoagulants such as xarelto; coumadin; heparin; plavix
- Wait 1 month after last cosmetic injections of Botox, Dysport, or filler injections
- Wait 1 month after any deep chemical peel or laser resurfacing

CONTRAINDICATIONS:

- Tanned skin in treatment area (including self-tanner) OR dark natural skin type
- Disease which may be stimulated by light: Lupus, Porphyria, Dermatomyositis and Epilepsy
- History of seizures
- Treating over tattoo or permanent makeup
- 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

POST-TREATMENT EXPECTATIONS:

- You will look "sunburned" or very red in the treated area immediately, this will fade over hours to days
- Over **2-3 weeks** darkening of brown spots, purplish/black pigment, and crusting may all occur as part of normal post-treatment healing. Some redness and swelling may also appear more briefly
- Moisturize only. Do not pick (picking will cause white scars)
- Avoid sun exposure and anything that heats the skin (ie hot-tubs, saunas, and intense exercise) for 3 days

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