

DIANE WALDER, M.D.,P.A.
DIANE WALDER, M.D.
STACY CHIMENTO, M.D.
LUCY CHEN, M.D.
1111 Kane Concourse, Suite 100
Bay Harbor Island, FL 33154
(305) 866-2177

IPL PRE & POST CARE INSTRUCTIONS

For best results, please follow these instructions **BEFORE** your **IPL** treatment

1. Do not wear make up to your treatment
2. Avoid any irritants to your skin, such as any products containing **TRETINOIN**, **RETINOL**, **BENZOYL PEROXIDE**, **GLYCOLIC/SALICYLIC ACIDS**, **ASTRINGENTS** or **VITAMIN C** for one week before you treatment.
3. Avoid taking antibiotics such as **TETRACYCLINE** or **MINOCYCLINE** for 1-2 weeks prior your treatment as they make your skin photosensitive. Therefore, the technician will not be able to treat you until 1-2 weeks after completion on the antibiotic.
4. To avoid damage from the laser, you must be off **ACCUTANE** for at least 6 months prior to treatment.
5. Do not wax or use depilatory creams on treatment areas for 1 week prior to your treatment to avoid irritation.
6. No sun exposure for 2 weeks prior to treatment.

AFTER your **IPL** treatment

1. Avoid sun exposure and tanning beds to treated areas after treatment (***we recommend this indefinitely to maximize results***). Daily broad spectrum sunscreen with at least SPF 30 is vital to maintain your improved skin.
2. Avoid any irritants to your skin, such as any products containing **TRETINOIN**, **RETINOL**, **BENZOYL PEROXIDE**, **GLYCOLIC/SALICYLIC ACIDS**, **ASTRINGENTS** or **VITAMIN C** for one week after your treatment.
3. Do not wax, tweeze or use depilatory creams to the treated areas for at least 1 week after your treatment.
4. Treated lentigines usually darken after treatment and mild crusting begins to form within a few days. This crusting usually resolves in 1 to 3 weeks. It should be allowed to naturally flake off. If significant crusting occurs beyond the normal flaking of the treated lesions, an antibiotic ointment such as Polysporin may be recommended.
5. Localized redness may be presented and typically resolves within 24 to 48 hours.
6. If you do not need make-up for the evening of the treatment, wait until the next morning.