

Intense Pulsed Light (IPL) Instructions

Before Treatment

- For your health and the prevention of skin cancers, please do not tan. If you choose to tan, do not tan 3 weeks before your IPL treatment.
- Discontinue self-tanners one week before treatment.
- To minimize the risk of bruising, discontinue aspirin 2 weeks before treatment, unless you have a medical condition that necessitates aspirin therapy.
- Discontinue all topical retinoids (tretinoin, adapalene, trifarotene, tazarotene, etc) three days before treatment. You may resume these products the day after treatment.
- If you have a history of fever blisters (cold sores/herpes simplex virus) in the areas to be treated, an antiviral oral medication should be used to decrease the risk of an outbreak. Please let our staff know if you need a prescription.
- Arrive 30 minutes early to your appointment with a clean, makeup free face for the application of topical numbing cream prior to treatment.

After Treatment

- Do not be alarmed if you experience mild redness or swelling. This usually resolves within 12-24 hours and can be reduced by applying cold packs.
- Transient worsening of brown spots can occur. The pigment may look stippled and dark, but this will clear spontaneously in 5-10 days. To speed the process, microdermabrasion can be used. Please contact your aesthetic specialist if you'd like this service.
- Avoid chemical peels, excessive heat and mechanical trauma to the treatment area for 5 days.
- Use sunscreen SPF 30+ daily. Do not use self-tanners for 3 weeks after treatment. Do not tan.
- Makeup can be applied immediately after treatment.
- Cleanse treated areas with gentle, non-irritating cleansers.

For additional questions regarding your procedure, please contact your provider at Central Texas Dermatology or SkinCare Austin.

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