

INTENSE PULSED LIGHT (IPL™)

TREATMENT INSTRUCTIONS



PRE-TREATMENT

- Avoid excessive sun exposure 3 weeks prior to treatment. You may not be able to be treated if you have a tan or are sunburned.
 - This is best accomplished by using facial sunscreen regularly and wearing a protective hat/cap.
- Skin should be free of self-tanner. You will not be able to receive treatment if there is artificial pigment on the skin.
- Skin should be void of makeup, creams and lotions prior to treatment.
- For face treatments (i.e. rosacea), beard stubble should be thoroughly removed in the treatment area prior to treatment.
- All cuts, wounds or infected skin in treatment area must be completely healed prior to treatment.
- Discontinue acetaminophen and ibuprofen 24 hours prior to treatment. If acetaminophen or ibuprofen are taken regularly, discontinue 5-7 days before treatment.

WHAT TO EXPECT DURING TREATMENT

- Facial photos will be taken.
- Your face will be cleansed and prepped with alcohol prior to treatment.
- Cool ultrasound gel will be applied to the treatment area.
- During the treatment, when a pulse is fired you may experience heat, bright light (even with protective eye shields on) and discomfort which can be described as a sting, while others liken it to a rubber band snap.
- After the treatment, the gel will be removed and sunscreen applied.

CONTRADICTIONS – WHY SHOULDN'T I HAVE A TREATMENT?

- Exposure to sun or artificial tanning 3-4 weeks prior to treatment.
- Pregnancy or breastfeeding.
- Any major uncontrolled health problem (diabetes); cancer, in particular, skin cancer; epilepsy; active skin diseases (psoriasis, vitiligo); diseases which may be stimulated by light (lupus); hormonal disorders, unless under control; history of bleeding disorders and use of anticoagulants, active infection of herpes simplex in the treatment area; history of Keloid scarring.
- Use of Accutane (isotretinoin) within the last 6 months. Current use of photosensitive medication (i.e. doxycycline) and herbs (i.e. St. John's Wort).
- History of gold therapy.
- Botox/filler within 2 weeks.
- Surgery or major laser resurfacing within 6-12 months (requires doctor's release).

POST TREATMENT

- You may experience mild swelling and/or redness, which can last for 1-3 days. You may experience eye sensitivity. Cool compresses and/or aloe vera will reduce the discomfort. Brown spots on your skin may turn darker; they will flake off in about a week.
- Vascularity (veins/capillaries) may appear darker immediately post treatment before dissipating.
- If skin is retaining heat post treatment an ice pack should be applied to area immediately and reapplied as needed (avoid applying directly over eyes).
- If you develop a blister or scab, wash gently, keep moisturized, avoid sun exposure, and call our office for assistance.
- Sunscreen must be used daily while undergoing treatments with frequent applications. This means every day for 3 weeks before and 3 weeks after each treatment.
- Avoid exfoliating face washes and use a gentle facial cleanser for the next 3-5 days.
- Topical products containing glycolic acid or other alpha hydroxyl acid products may be resumed 1-3 days after treatment.
- No use of Retin-A, or similar products containing isotretinoin, for 6 months after the treatment.
- Avoid vigorous exercise for 1-2 days, alcohol and airplane travel for 24 hours after treatment.
- Avoid hot baths, showers, saunas, steam rooms, and hot tubs for 2-4 days. Rosacea patients should avoid triggers like alcohol, caffeine, and spicy foods.

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