

**530-222-3678**

# PRE-IPL INSTRUCTIONS

1. Please understand that the IPL is a light based treatment. Therefore, **you must limit your sun exposure 2 weeks prior to your treatment & for 6-8 weeks after.** After care includes the use of Sun Screen 50-70 SPF & a wide brimmed hat for the 6-8 weeks afterwards—Fall, Winter, Spring & especially in Summer!
2. **DO NOT use Retin-A, Renova, or other retinoid (Vitamin A) containing products; Glycolic Acid; Salicytic Acid; or any other types of acids on the skin for at least 1 week pre & post IPL.**
3. As every client & their skin is different, results will vary despite using the same settings. Some hyperpigmentations are superficial (ie, in the epidermis) & others are deep (ie, in the dermis). The IPL will only treat lesions in the epidermis & very superficial dermis.
4. The usual number of treatments varies. Individuals with a history of unprotected sun exposure (tanning, burning, driving in the car, sitting near a window, etc…) may require 2-3 treatments. Those with a history of protecting their skin will usually require fewer.
5. Dr. Farley recommends wearing, or at least bringing, a large brimmed hat to the procedure for protection afterwards.
6. **IF YOU WISH TO HAVE NUMBING PRIOR TO YOUR PROCEDURE YOU MUST ARRIVE 30 MINUTES BEFORE your appointment time. You must also let the staff know BEFORE your procedure that you would like anesthetic—don’t just arrive early & just sit in the waiting room, please.**
7. If you do not want anesthetic, please arrive a minimum of 15 minutes early to fill out paperwork.
8. **If you are 10 minutes late for your appointment, you will be marked as a NO-SHOW & you must pay the $150 no-show fee prior to being allowed to schedule any appointment with us again. A second late cancellation or no-show will result in being charged for the full price of the procedure.**
9. An IPL procedure lasts about 30-45 minutes, but the preparation for the procedure will take more time if you are wearing make-up, lotion, a high collared shirt, or clothing you cannot get gel or anesthetic on.
10. The procedure feels like a rubber band snapping on the face. This is lessened by the use of cold air from the Zimmer & topical numbing medicine.
11. Post-procedure, you may have light to deep redness after an aggressive IPL, or after treating small blood vessels of the face or legs. The lighter the skin tone, the higher the settings & the more likely you will be red.
12. If you have many brown spots (hyperpigmentations) in the area being treated, post-IPL you will have a lot of dark brown pigment come to the surface of the skin. It has been described as looking like “coffee grounds” on the face.
13. These dark spots are NOT scabs & should never be picked at.
14. The dark “coffee grounds” represent burst pigment vesicles that have released their trapped color & which are now on the surface of the skin.

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