IPL PRE-TREATMENT INSTRUCTIONS

Discontinue sun tanning, use of tanning beds and any application of sunless tanning products **one month** before the treatment.

Male patients should shave just prior to treatment (the pigment in your beard could increase discomfort).

Always use an SPF 30 or greater sunblock on all exposed treatment areas. Wear sun protective hats and clothing.

Discontinue the use of exfoliating creams 1 week prior to the entire treatment

If you have a history of herpes outbreaks in the areas being treated, a prescribed medication, like Valtrex is recommended for one week prior to the treatment prior to the treatment to help prevent an outbreak. If you do not have this type of medicine, please inform Dr. Crosby so a prescription can be provided to you.

You will need a mild facial cleanser and a high quality sunblock with SPF >30 and zinc or titanium dioxide. We recommend Harmony Antioxidant Moisturizing Sunscreen. We also suggest a good quality moisturizer to use at bedtime. Your aesthetician can recommend one appropriate for your skin type.

For discomfort, a pain reliever such as ibuprofen or acetaminophen can be used. If an open area occurs, or if the treatment area is inadvertently picked, an antibiotic ointment, such as Bacitracin can also be applied.