

EYES OF THE SOUTHWEST

IPL TREATMENT

AFTERCARE ESSENTIALS

-Immediately post treatment apply cooling mask for 15 minutes each hour for a few hours post IPL to minimize redness and swelling.

-Apply a gentle moisturizing cream such as CeraVe multiple times each day and a broad spectrum sun block SPF 30 to sun exposed, unbroken skin for 2-4 weeks post treatment.

-A mild to moderate sunburn-like sensation is normal. This usually resolves within 2-24 hours post IPL but may last up to 72 hours.

-Bathe and shower as normal. Treated areas may be temperature sensitive. Cool showers or baths may offer relief.

-Avoid using harsh skincare products such as exfoliants, scrubs perfumed soaps and lotions, bleaching creams, astringents and retinol until your skin has healed.

-Avoid sun exposure, tanning beds, and self tanning creams. Wear a wide-brimmed hat or umbrella when outdoors.

-Until redness completely resolves (usually 2-3 days), avoid:


- *Applying cosmetics on or near treated areas

- *Pools, spas or saunas

- *Excessive sweating activities

-After IPL, brown spots may scab or crust over. DO NOT PICK off the scab or crust, this may lead to scarring. Apply an antibiotic ointment to any broken skin area. Cool compresses and Ibuprofen may help.

CONTACT US

 575-523-2020

 2810 N Telshor Blvd, Las Cruces, NM



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BEFORE YOUR IPL SESSION

FOR BEST RESULTS, PLEASE FOLLOW THESE INSTRUCTION BEFORE IPL

- DO NOT WEAR ANY MAKEUP TO YOUR TREATMENT.
- 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 YOUR TREATMENT.
- AVOID TAKING ANTIBIOTICS SUCH AS **TETRACYCLINE, DOXYCYCLINE** OR **MINOCYCLINE** FOR 1-2 WEEKS PRIOR TO TREATMENT DUE TO INCREASED PHOTSENSITIVITY.
- TO AVOID DAMAGE FROM THE IPL, YOU MUST BE OFF **ACCUTANE** FOR AT LEAST 6 MONTHS PRIOR TO TREATMENT.
- AVOID ASPIRIN, IBUPROFEN (ADVIL, MOTRIN), ALEVE (NAPROXEN), FISH OIL AND VITAMIN E FOR 5 DAYS PRIOR TO IPL TO DECREASE POSSIBLE BRUISING.
- LET THE DOCTOR KNOW IF YOU HAVE FREQUENT FEVER BLISTERS
- LET THE DOCTOR KNOW IF YOU HAVE ANY SKIN DISORDERS TRIGGERED BY LIGHT SUCH AS LUPUS OR POLYMORPHOUS LIGHT ERUPTIONS
- DO NOT WAX OR USE DEPILATORY CREAMS ON TREATMENT AREA FOR 1 WEEK PRIOR TO YOUR TREATMENT TO AVOID IRRITATION.
- WEAR SUN BLOCK SPF 30 OR HIGHER FOR 2 WEEKS PRIOR TO TREATMENT.
- WAIT 3 MONTHS AFTER PREGNANCY OR BREAST FEEDING FOR TREATMENT TO BEGIN

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