



Innovators in Beauty

[evolvemedspa.com](http://evolvemedspa.com)

### **What is IPL?**

- Intense Pulsed Light (IPL) is a laser light that treats pigmented (browns) and vascular lesions (reds). Bright light passes through the epidermis, drawing out the pigment producing cells and dispersing uneven pigment. IPL destroys unwanted pigment from freckles, sun exposure, acne scars, and other spots. After treatment, there may be a darkening of pigmented spots, which eventually peel off to reveal a more even skin tone. After just one session, clients notice significant improvements in skin clarity. IPL can be used to treat the entire body, including face, neck, chest, shoulders, back, arms, and legs.

### **Before your Evolve Med Spa IPL Treatments**

- Inform your clinician of all medical conditions, medications you are taking, skin disorders, allergies, and any other medical problems.
- Use sunscreen daily, sunburned or tanned skin cannot be treated. Do not go tanning for a minimum of 4 weeks or use self tanner for a minimum of 2 weeks before treatment.
- Men must be cleanly shaved at least 24 hours before. Men should also clearly mark their beards and mustaches as this laser treatment can reduce hair to the treated area and cannot be performed safely over this area without risk for hair reduction.
- Avoid any irritants or active skincare ingredients (such as retinol, tretinoin, glycolic or, salicylic acid, benzoyl peroxide, astringents and Vitamin C) 7 days before treatment. If your skin is irritated please contact our office at least 24 hours prior to your appointment to reschedule.
- You will need to postpone your treatment if you have an active cold sore/fever blister, canker sore or shingles; are pregnant or breastfeeding; actively using Accutane or have used it in the last 6 months; are actively undergoing chemo/ radiation or been treated in the last 6 months.
- Taking an antihistamine (Claritin, Zyrtec, or Loratadine) for 3 days prior to treatment to help reduce post-treatment swelling. You may also continue the antihistamine post treatment as well until swelling has resolved.
- If possible, please do not wear any makeup prior to your facial treatment.

### **Wait time between other treatments if receiving IPL**

- Lip filler and Botox can be performed same day but will result in extra swelling.
- Cheek, Undereye, and Chin filler should be placed two weeks before a laser series is started or two weeks after a laser series is completed.
- Kybella and Sculptra treatments should be done four weeks before a laser series is started or two weeks after a laser series is completed.
- Microneedling can be performed six weeks before or after IPL laser treatment.

### **After Care Instructions for your Evolve Med Spa IPL Treatment**

- Bruising, blistering, scabbing, redness, swelling and changes to the skin's pigmentation may occur. Depending on the client and treatment these issues will subside in 2-7 days for most clients.
- Keep treatment area clean by using a mild face cleanser, such as Cetaphil. Avoid ingredients with fragrance or chemicals that can be drying or irritating to the skin. Avoid exfoliating the skin. Keep skin moisturized with an emollient such as Cerave or Aquaphor. Do not use TNS® Essential Serum for 3-5 days post treatment.
- Continue sun precautions and use a sunscreen daily with an SPF of 30 or higher, preferably a mineral sunscreen, such as SkinMedica Essential Defense Mineral Shield SPF 32.
- Avoid the sun for at least 2 weeks or continuously between treatment intervals.
- To help reduce the risk of swelling, consider taking over the counter Arnica supplements if not contraindicated with your current medication regimen. Start taking oral Arnica 7-10 days before treatment. Take as directed on the bottle. To further reduce swelling, apply Preparation H (if you have a tube, purchase a new one) to treatment area 1-2 times a day to help resolve swelling.
- After IPL, sunscreen and mineral makeup can be worn immediately post treatment.