

BBL Forever Bare Intense Pulsed Light (IPL) **Pre & Post-Treatment Instructions**

PRE-TREATMENT INSTRUCTIONS:

- Patients with a suntan or sunburn cannot be treated and will be rescheduled. All tans result in more absorption of laser energy and increase risk of burns; this is a standard contraindication. Active sunburns are an absolute contraindication and the treatment cannot be performed.
- **For hair reduction treatments** patients must shave 24 hours prior to treatment; do not shave the treatment area on the day of treatment.
- Patients must utilize a SPF 30 (or above) daily regimen.
- Patients will not be treated with IPL if they were treated within the past 14 days with cosmetic injectables (Botox, fillers, etc.).
- Patients with an active sore or lesion on/near (provider discretion) the same anatomical structure intended to be treated cannot undergo IPL treatment.
 - Example: Patient presents with a large wound on the right forearm with the plan for laser hair removal to the same arm.

POST-TREATMENT INSTRUCTIONS:

- Avoid products/cleansers with glycolic acid, salicylic acid, or benzoyl peroxide for 7 - 10 days post treatment.
- Apply sunscreen (minimum of SPF 30) before and after (we will apply sunscreen post treatment) treatment to protect your skin
- The area treated may be red and swollen
- Do NOT scratch or scrub the area as this can lead to scarring.
- Possible Pigmentation changes: Changes in pigmentation have been noted after treatment, especially with a darker complexion. This usually resolves within 24 hours. AVOIDING sun exposure (and tanning beds, which we strongly advise against using, at all times) after treatment is crucial to reduce the risk of color change.
- Makeup (mineral) may be used post treatment.
- All treatments may not be scheduled any sooner than 4 weeks, and no later than 6 weeks, from the prior treatment.

Please call our office at 541-200-2777 should any concerns arise.