

## **BBL Forever Young and Forever Clear 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.
  - NOTE: Patients cannot be treated if they have had sun exposure 2 weeks prior to treatment.
- **For male patients:** patients must shave 24 hours prior to treatment; do not shave the treatment area on the day of treatment.
  - NOTE: All IPL treatments on the face can result in hair reduction
- 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 facial products/cleansers with glycolic acid, salicylic acid, or benzoyl peroxide for 7 - 10 days post treatment.
- Avoid spicy foods and alcohol for 48 hours post treatment; alcohol can cause diffuse rosacea and redness if consumed within 48 hours.
- Apply sunscreen (minimum of SPF 30) before and after (we will apply sunscreen post treatment) treatment to protect your skin
  - NOTE: Patients are strongly advised to avoid sun exposure for 2-4 weeks post treatment.
- The area treated may be red and swollen with possible pinpoint bleeding followed by scab formation.
- 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 completion. This usually resolves within weeks, but can take as long as 3-6 months in some case. 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 no sooner than 24 hours post treatment.
- All treatments may not be scheduled any sooner than 4 weeks from the prior treatment.
- Avoid hot tubs, saunas and steam rooms for 48 hours post treatment.
- Avoid exercise for 48 hours post treatment.

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