



Anand Haryani, MD, MBA and Divya Haryani, MD  
Board Certified Dermatologists

P: (772) 217-5362 • 8745 US 1, Sebastian, FL 32958 • [www.haryaniderm.com](http://www.haryaniderm.com) • [info@haryaniderm.com](mailto:info@haryaniderm.com)

### **IPL Pre & Post Procedure Instructions**

#### **Pre-Procedure Instructions & Precautions**

Before your Appointment:

- Avoid sun exposure and tanning beds for at least 4 weeks prior to your treatment and 4 weeks after your treatment.
- Avoid applying self-tanner for 2 weeks prior to treatment.
- Avoid aspirin and Ibuprofen for one week prior to your treatment. Inform the doctor if you are taking blood thinners or regularly take aspirin or ibuprofen. • Avoid alcohol for 2 days prior to treatment.
- Inform the doctor if have taken Accutane (oral acne medication) in the past year. • Store ice packs in your freezer for use after your procedure.

Day of your Appointment:

- Arrive without creams or make-up on the treatment area.
- Allow 45-90 minutes for your appointment
- You will be given eye shields to wear to protect your eyes during the

procedure. **Post-Procedure Instructions & Precautions**

- Expect your skin to appear pink for a few hours after treatment.
- You will be given a cool compress to apply after treatment.
- Avoid exercise and use of saunas and hot tubs for 24-48 hours after the procedure. • Make-up may be applied to cover redness as needed.
- Your skin may be temperature sensitive for several days after treatment. • Brown spots and freckles will appear darker while healing.
- It will take 4-6 weeks to see the full result and 2-3 treatments to achieve an optimum result.
- If you experience slightly puffy areas, you may use cold compresses (5 minutes on and 10 minutes off) several times an hour to help ease both redness and swelling. • Sleeping with your head elevated for the first night will help decrease any swelling.
- Blistering and crusting are rare; however, if these do occur a thin layer of over-the-counter antibiotic ointment such as Polysporin® can be applied 2-3 times a day for 3 days. Please call us if you experience either of these uncommon reactions. • Hyperpigmentation (darkening of the skin color) can occur in some skin types. Please call us if you experience this uncommon reaction.