

## **INTENSE PULSE LIGHT INFORMATION**

- The Intense Pulse Light machine is used to lighten brown pigment and sun damage, and to diminish the appearance of abnormal blood vessels and redness of the skin. The light emits a heat energy that passes through the skin, targeting the pigment/vessels without damaging the surrounding skin.
- For optimal improvement, approximately 2-3 procedures are recommended for the treatment of irregular pigment/sun damage. The number of treatments may vary from person to person. The treatments are scheduled approximately 4-5 weeks apart. For continued benefit, we strongly encourage maintenance treatments. Usually, this consists of 1 treatment every 4-6 months.
- A topical anesthetic cream will be applied 30 minutes prior to your treatment to reduce any discomfort. **It is important to inform us if you are allergic/sensitive to Lidocaine/Novocain.** The use of anesthetic cream is not recommended for breastfeeding women.
- Immediately after treatment there may be redness and swelling (rarely bruising) at the treatment site which may last for several hours or longer, up to 2-5 days. Pigment and sun damage (including freckles) will turn dark and fade in approximately 7-14 days. The treated area may feel like a sunburn for a few hours after treatment.
- The Intense Pulse Light is not performed on pregnant women or those attempting to become pregnant.

**Please see the Pre-Treatment Instructions on the following page. For a safe and effective treatment, it is important that you follow these instructions carefully.**

## **PRE-TREATMENT INSTRUCTIONS**

- **Sun exposure/tanning MUST be avoided** 3-4 weeks before and after treatment. This includes the application of self-tanning products. We recommend that you use sunscreen with an SPF of 30 or above to be applied 2 or more times a day as needed. Strict sun protection is **required** while being treated with any laser to protect you from unfavorable outcomes such as skin discoloration and/or burning.
- **If you are currently taking any medications**, please notify one of our Registered Nurses. Any medication that causes light sensitivity (certain diuretics, antibiotics, anti-hypertensives, etc...) or thinning of the blood (i.e. Coumadin, Aspirin, Ibuprofen, etc...) may increase your risk of side effects and be contraindicated in combination with a light/laser procedure. It is important that you tell your Registered Nurse if you are currently taking one of these medications and/or supplements prior to the day of treatment. Advanced notice can help us deliver the best possible outcome. In addition, we recommend that you abstain from drinking alcohol for 24-48 hours prior to and following your treatment.
- **If you apply any topical medications or products** that contain Glycolic Acid, Retin-A, Vitamin C, or Bleaching Cream please refrain from using them starting 3 days prior to your treatment. You may resume usage 2-3 days following your appointment. Also avoid using abrasive scrubs or exfoliants 2-3 days before and after treatment. We recommend the use of a mild cleanser and moisturizer.

**Please call our “Laser Center Treatment Information Line” with any further questions or concerns. One of our qualified staff members will be happy to speak with you.**

***Treatment Information and Scheduling  
Appointments line (310) 274-9954 Ext. 227***