

**Dermatology Associates Medical Group  
Laser Center  
465 N. Roxbury Drive, Suite 801  
Beverly Hills, CA 90210**

**IPL PRE-TREATMENT INSTRUCTIONS**

1. **Avoid Aspirin and Ibuprofen** products for 2-3 days prior to procedure. **Note:** do not discontinue your aspirin unless authorized your prescribing doctor.
2. If you are taking **oral or topical antibiotics** for your acne and/or rosacea (e.g. Minocycline, Doxycycline, Oracea, etc.), **discontinue** them for 1 week prior to treatment.
3. **Avoid sun tanning and applications of self-tanning creams. If you are currently tan you will need to postpone your treatment**, as tanned skin is unsafe to treat. Use of **sunscreen** and protective clothing are essential prior to, during, and following your series of treatments.
4. It is important that you tell your Registered Nurse **all medications** and/or supplements that you are currently taking. 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 from your laser treatment.
5. **Avoid** the use of potentially irritating products such as **retinol**, glycolic acid, Vitamin C, bleaching cream, and scrubs or exfoliants for 3 days prior to treatment.
6. **Avoid** the use of alcohol for 2 days prior to treatment.
7. Prior to your procedure we will apply the **anesthetic** and wait approximately 30 minutes to allow the cream to work. 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.

***\*Please see the reverse side for important Post-Treatment instructions.  
If you have any questions or concerns, please contact our office  
310.274.9954 ext.227***

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**IPL POST-TREATMENT INSTRUCTIONS**

1. **A mild cleanser** should be used for the next 2-3 days.
2. **Avoid** harsh rubbing to treated areas.
3. **If swelling occurs**, apply ice packs and sleep with your head slightly elevated.
4. **Topical** Triamcinolone cream 0.1% (cortisone) may be applied 2-3 times a day for the next 2-3 days to decrease inflammation.
5. **If bruising occurs**, take arnica to facilitate recovery.
6. **Sunscreen** with SPF 30 or higher needs to be worn everyday and applied frequently throughout the day, during the course of treatments.
7. **Avoid** use of potentially irritating products such as retinol, glycolic acid, vitamin C, bleaching cream and scrubs or exfoliants, for the next 3-5 days.
8. **Avoid** excessive exercise for 1 day after treatment.
9. **Avoid** hot showers and baths for 1 day after treatment. Wash treated areas with lukewarm water.
10. **Freckles and sunspots** will turn darker and will fade in approximately 7-14 days.
11. **Makeup may be used** after treatment unless there is irritation.

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