



Pre and Post Care Instructions for IPL (Intense Pulsed Light) or BBL (Broad Band Light)

Contact our office with any questions or concerns at 210-245-4050

Pre-Treatment Instructions

- Avoid excessive sun exposure for a period of 2 weeks before treatment
- Avoid Dermal Fillers and Botox 2 weeks before and 2 weeks after treatment
- Stop all skin resurfacing products 3 days before treatment unless otherwise instructed by your provider or aesthetician
 - Ex: Retin-A, Differin, Tazorac, glycolic acid, harsh scrubs or exfoliating products, bleaching creams, etc.
- Please let us know if you have a history of cold sores, gold therapy, lupus or connective tissue disease or if you have any metal plates, rods, or screws near the area to be treated
- Please give us 24-hour notice if you need to cancel or reschedule your appointment to avoid any late cancellation fees
- You are not a candidate if you are pregnant, breastfeeding, or taking oral antibiotics

Post-Treatment Instructions

- You may experience some mild swelling, redness, and crusting that can last up to 5 days and in rare cases longer
- Avoid picking, scratching, or peeling the treated areas
- If any crusting appears, then reapply your post-procedure lotion as needed to soothe the skin
- Avoid skin resurfacing products for 5 days after treatment
- Use gentle skin cleansers until the skin is completely healed
- Use only your fingertips in a gentle, circular motion and pat dry
- Avoid excessive sun exposure for 4 weeks after treatment. Reapply your sunscreen of SPF 30 or higher every 2 hours if you will be having incidental sun exposure such as driving, walking, etc.
- We recommend Elta MD brand Sunscreen
- Do not shave the treated area until the skin is completely healed
- For male patients, you may experience hair loss if you opt for a treatment to areas with facial hair
- You may require multiple treatments to achieve optimal results, in which case there will be an additional charge
- Patient skin conditions and skin types vary, as do the recommended number of treatments

Warning

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching