



## **Pre and Post Treatment Instructions** **IPL/BBL Photofacial or Acne**

### ***Pre-Treatment Recommendations:***

- No sun exposure for at least two weeks other than normal sun exposure. Do NOT intentionally tan or spend a significant time in the sun without a total sunblock.
- Do not use self-tanners. Your skin should be as light as possible before treatment.
- If using a hydroquinone product, do not use this product on the day of your treatment. Also, use of Retin A, Renova and other alpha hydroxy acids should be discontinued throughout treatments.
- If you have a previous history of cold sores, please make sure that you have notified the medical director of PURE so you may receive a prescription for Valtrex. Begin taking Valtrex one day prior to treatment.

### ***Post-Treatment Recommendations:***

- Your skin may appear red or blotchy in the treated area for 1-2 days after the treatment. You may apply makeup as desired, preferably mineral make-up.
- You may use a cool water compress on the area and aloe gel, if desired.
- Cleanse treated area gently with a mild cleanser. Do not spend any significant time in the sun without a total sun block. Use moisturizer and a broad spectrum UVA/UVB sunscreen of at least SPF 30 daily during treatments.
- If treating Rosacea, avoid alcohol, spicy foods, caffeine and exercise for one day after a procedure.
- No shaving over treated area as long as area is red or swollen.
- May continue use of Vitamin C serums, retinols and other treatment products when skin condition returns to normal.
- Use moisturizer liberally as needed on skin
- Any pigmented area will darken after treatment and “flake off” over the next 5 to 7 days.
- If you have been identified as a patient that may have excessive swelling post treatment, you will be given 4-10mg Prednisone tablets after your appointment, one tablet is to be taken at the following times
  - Immediately following your appointment
  - Prior to bed the evening of the appointment
  - The following morning after the appointment
  - The following evening after the appointment

**If you should have an after hours emergency, please contact** our Medical Director, Julie Acarregui, after hours service at 208-794-0169. **I have read and received a copy of the IPL/BBL Post Care Instructions.**

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
DOB Date

\_\_\_\_\_  
PURE Representative

\_\_\_\_\_  
Date