

# Emerge Medical Spa

## Intense Pulsed Light Pre and Post Care Instructions

IPL skin treatments are not intended to be a substitute for a surgical facelift, ablative skin resurfacing, or procedures that treat deep wrinkles and sagging skin. Patients in need of evenness of color in the complexion, and showing signs of sun damage can expect a very good result.

There may be some discomfort or pain associated with the treatment. Redness and swelling may appear after the treatment. Acceptable results will likely take a number of treatments, usually four to six. There is a small risk of adverse reactions such as changes in the texture and pigmentation of the skin (these are usually temporary.)

### **IPL PRE-CARE INSTRUCTIONS and CONTRAINDICATIONS**

Contraindications include:

- **Accutane** use in the previous 6 months
- Irregular, pigmented, and/or raised **moles, warts** or **growths**
- **Pregnancy**
- Use of **photosensitive medication** and/or **herbs**
- **Diseases** which may be stimulated by light
- **Sun exposure**, use of **tanning beds, creams** or **sprays** during the previous 2-4 weeks
- History of **keloid scarring**
- Skin disorders including **Psoriasis, Eczema, Dermatitis, Rash** or **open skin** in the treatment area
- Some areas may be contraindicated due to **implanted metal devices**. Please inform the technician of any and the treatment area will be assessed.

### **IPL POST CARE INSTRUCTIONS**

Topical Care:

- Please ensure that the area is well moisturized with frequent applications of a non perfumed topical moisturizer, ideally containing an SPF of 30 or greater.
- Do not irritate treated area chemically (such as harsh acne products) or mechanically for 1-2 days after treatment.
- Makeup may be applied immediately after treatment.

Bathing:

- Wash treated area gently with mild soap and water. If treated area is irritated, the area should not be rubbed with a face cloth or towel. The area should be patted dry.

Sun Protection:

- Sun exposure and tanning beds are to be avoided throughout the course of treatment. A sunscreen with an SPF of 30 or greater should be applied whenever the area is exposed to the sun. If you develop a tan within the proposed treatment area, delay further treatments for 2 weeks or until the tan has significantly faded.

Activities:

- Avoid excessive heat or friction to the treated area. (For example: heavy exercise, saunas.)
- Provided that there is no persistent redness, blistering, or crusting present in the treatment area, you may resume all normal activities.

Adverse Events:

- Please contact your provider immediately if you notice any blistering, redness, crusting, tenderness, or any other changes that may concern you.

Follow- Up Treatments:

- For best results, follow up treatments are essential. Subsequent treatments should be scheduled 3-4 weeks apart until series is completed.

**I have received a copy of the Pre and Post Treatment Instructions for Intense Pulsed Light.**

Patient Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**24 Hour Cancellation Policy:** Failure to adhere to this policy will result in the loss of one treatment from your purchased package or \$50 - \$100 charged to your account. If we cannot provide treatment because the pre-care instructions were not adhered to it is considered a violation of this policy. The balance must be paid before any further treatments can be performed. \_\_\_\_\_ **(Patient Initial)**

Please call our office if you have any questions or concerns: (503) 802-7546