



IPL INSTRUCTIONS

Pre-procedure:

1. Do not use any retinoid products for 3 days prior to your treatment. Accutane must be discontinued for at least six months prior to treatment. Come to your appointment with a clean face, without makeup or creams, if possible.
2. Avoid facial waxing or tanning for at least 4-6 weeks prior to treatment. This includes sunless tanning creams. We won't be able to perform your treatment if you are tanned.
3. Topical numbing cream is available on an individual basis. The nurse will discuss this with you at your consultation.
4. We will take digital photographs for your record at your first visit.

Post-procedure:

1. Cool compresses will be applied immediately following your treatment to reduce discomfort and possible swelling. Minimal redness and swelling is considered normal and should decrease within 24 hours. While crusting or mild blistering is uncommon, it is generally not serious if it occurs. Hyperpigmented areas will become darker and flaky before sloughing off. This usually takes approximately 7-10 days.
2. Do not use any retinoid products for 3 days following your treatment. Use a mild facial cleanser twice a day.
3. Avoid facial waxing or tanning during the course of your treatments. We recommend using a broad spectrum UVA/UVB sunscreen daily.
4. Although you may notice a significant improvement after one treatment, multiple treatments provide superior and more lasting results.
5. After an initial series of treatments, maintenance treatments are recommended as needed.
6. **We, at Capitol Vein and Laser Center want our patients to have the best results possible. Please feel free to contact us with any questions: 301-695-8346**