



## **IPL / Clearlift Pre and Post Treatment Instructions**

### **Pre-Treatment Instructions**

- Sun Exposure, including tanning beds must be avoided 2 weeks prior to the treatment
- DO NOT moisturizer, lotion, makeup or sunscreen on before the treatment, area must be clean, if you have any of these on, they must be completely washed off prior to treatment
- Please notify us if you are on any medications as certain ones can be photosensitive
- Avoid waxing or chemical depilatories 5 days before the treatment, as the area can become sensitive
- Shaving the area is recommended
- During the course of the treatment, if there are any changes to your medical history, health status, or any other significant information that can effect your treatment, please notify staff immediately

### **Post-Treatment Instructions**

- Immediately post treatment, there may be “frosting” on the treated area. Some swelling and redness is normal. Pinpoint bleeding may occur.
- Apply a cool compress if there is discomfort, do not apply ice or an ice pack directly, cover in a towel before applying
- Pat the area dry gently if it gets damp or wet
- Polysporin can be applied to the treated area
- DO NOT rub, peel, scrub or pick at the treatment area, let it heal on its own, especially if it is crusting
- Blistering is rare, if it does occur, do not pop or pick at them, apply a healing ointment such as polysporin and cover with gauze to promote healing
- AVOID swimming pools, hot tubs, sun exposure
- Apply sunscreen that is 30+ SPF, with zinc oxide is recommended
- Contact the clinic right away if there are any concerns or questions