



IPL PHOTOFACIAL

PRE & POST TREATMENT INSTRUCTIONS

★ PHOTOFACIAL

Intense Pulsed Light (IPL) therapy, commonly known as a photofacial, is a non-invasive skin treatment that uses broad-spectrum light to treat various skin concerns. Unlike lasers, which use a single wavelength of light, IPL uses multiple wavelengths, allowing it to penetrate different layers of skin. This makes it an effective solution for improving skin tone, texture, and pigmentation.

★ BENEFITS

- **Reduces Sun Damage:** IPL is highly effective in treating sunspots, age spots, and other types of hyperpigmentation caused by UV exposure.
- **Treats Rosacea and Redness:** IPL can help diminish the appearance of redness and visible blood vessels, making it ideal for those with rosacea.
- **Improves Skin Texture:** The light energy stimulates collagen production, which helps reduce the appearance of fine lines, wrinkles, and overall skin texture.
- **Targets Acne and Acne Scars:** IPL can reduce inflammation and kill acne-causing bacteria, helping to improve active acne and minimize scarring.
- **Brightens Complexion:** By targeting pigmentation issues, IPL creates a more even skin tone, leading to a brighter, rejuvenated complexion.



WHO IS CANDIDATE?

- Consider adding weekly B12 injections and IV Nutrition to maintain energy, boost metabolism, and flush lymphatic system
- Skin Type: IPL is best suited for those with lighter skin tones (Fitzpatrick I-III), as it may not be safe for darker skin tones.
- Skin Concerns: Ideal for clients looking to treat pigmentation issues, sun damage, visible veins, redness, and mild skin texture concerns.
- Expectations: Candidates should have realistic expectations and understand that results may require multiple sessions.

PRE-PROCEDURE

- ✦ **Avoid Sun Exposure:** No direct sun exposure for at least 2 weeks before treatment. Apply broad-spectrum sunscreen daily if you need to be outdoors.
- ✦ **Discontinue Certain Skincare Products:** Stop using retinoids, glycolic acid, and exfoliating products 1 week prior to your session.
- ✦ **No Tanning:** Avoid tanning (sun, tanning beds, and self-tanners) for 2 weeks before the treatment.
- ✦ **Avoid Certain Medications:** Refrain from blood-thinning and anti-inflammatory medications (like aspirin and ibuprofen) 1-2 days before treatment to reduce the risk of bruising.
- ✦ **Arrive with Clean Skin:** Come to your appointment with a makeup-free, lotion-free face.



POST-PROCEDURE

- ✦ **Redness and Swelling:** Mild redness and swelling are common and can last up to 48 hours. Apply a cold compress to soothe the area.
- ✦ **Protect from Sun Exposure:** Avoid direct sun exposure for at least 2 weeks post-treatment, as your skin is more sensitive. Apply SPF 30 or higher daily.
- ✦ **Avoid Heat:** No hot baths, saunas, steam rooms, or intense exercise for 24-48 hours.
- ✦ **Gentle Cleansing:** Use a mild cleanser and avoid scrubbing or exfoliating for at least 1 week post-treatment.
- ✦ **Avoid Makeup & Topicals:** Refrain from using makeup or other skincare products (including moisturizers) for the first 24 hours.
- ✦ **Expect Dark Spots:** Brown spots may darken before they flake off within 7-10 days. Avoid picking to prevent scarring.
- ✦ **Avoid Additional Treatments:** No chemical peels, microdermabrasion, or other facial treatments for 2-4 weeks post-treatment.

