

SAND LAKE

DERMATOLOGY CENTER

INTENSE PULSED LIGHT (IPL) HAIR REMOVAL INSTRUCTIONS

BEFORE TREATMENT

- DO NOT wax, pluck or tweeze for at least 2 weeks prior to treatment.
- DO NOT TAN or use self-tanner for 2 weeks prior to treatment.
- Shave the night before your appointment. Try to get as close of a shave as possible.

AFTER TREATMENT

- Immediately after treatment, you may have redness and bumps at the treatment area, which may last up to 2 hours or longer. It is normal for it to feel like a sunburn. Cold compresses or ice packs can be used to reduce swelling or discomfort if needed.
- Your provider may give you a steroid cream for redness and swelling to be used once or twice a day until redness has subsided. If you have any crusting, use Vaseline or Elta MD Moisturizer (available at Sand Lake Dermatology Center).
- You may shower and use soap after the laser treatments. Use gentle cleansers (CeraVe, Free & Clear) and lukewarm water and DO NOT rub the skin vigorously. Skin should be patted dry and not rubbed. Deodorant can be applied to the underarms after 24 hours.
- Skin moisturizers may be used immediately and makeup can be applied if the skin is not broken.
- Avoid sun exposure and use a broad-spectrum (UVA/UVB) sunblock SPF30 or greater on the treatment area at all times to reduce the chance of dark or light spots.
- For optimal results, it is recommended that you DO NOT wax, pluck, tweeze or use products on the treated areas during the course of your IPL Hair Removal treatments. Shaving is acceptable.

FOLLOW-UP TREATMENT

- Follow-up treatments should be scheduled every 4-6 weeks depending on the site being treated.
- Consistent treatments will produce the best results: 9-12 successive treatments are usually recommended to achieve the desired outcome, after which maintenance treatments 1 or 2 times per year may be needed.

If you have any questions or concerns, or experience an unexpected reaction, please call our office immediately. We can always be reached after hours through our emergency line and are happy to speak with you any time.

Sand Lake Dermatology Center

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