



INTENSE PULSE LIGHT (IPL)

PRE AND POST CARE

For optimal results, we recommend use of medical grade retinol/skincare regimen for 6 weeks prior to IPL treatments

PRE-TREATMENT CARE

- Drink at least eight glasses of water per day to completely hydrate your skin.
- Stop self-tanner 4-6 weeks prior to treatment.
- Stop exfoliating skin care products, such as retinols and glycolic acid, for one week before your treatment.
- Avoid aspirin, Motrin and Ibuprofen for one week prior to your treatment.
- Avoid fish oil, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other supplements one week before treatment.
- Avoid alcohol for five days prior to treatment.
- Accutane- Inform your provider if you have taken Accutane (oral acne medication) in the past year.
- If you have a history of fever blisters, notify us. If you have a current prescription, Valtrex 500mg should be taken by mouth twice daily on the day before, the day of, and the day after your treatment.
- Please arrive for your appointment without make-up. Wear comfortable clothing with an open collar.
- Anticipate some social down-time following your treatment.
 - Redness lasts for two to five days
 - Bruising may last up to two weeks
 - Darkened age spots or freckles last for three to seven days
 - Crusting may last up to 10 days
 - Sunburn and redness persist two to five hours after treatment

If you have any questions before or after your appointment, you can email us at info@lakeshoreskinandbody.com or call/text us at 906-273-0512. Thank you for choosing Lakeshore Skin + Body!



INTENSE PULSE LIGHT (IPL)

PRE AND POST CARE

POST-TREATMENT CARE

- Don't take hot showers, hot baths, or bask in a hot tub for a minimum of 48 hours.
- Don't exfoliate your skin within the first seven days as it may cause irritation.
- Don't pick any crusting or blisters.
- Don't exercise or participate in any strenuous physical activity. Wait at least two days to do so.
- Don't expose your skin to the sun unprotected. Wait at least 30 days to do so.
- Don't use skin care products that have harsh chemicals or contain high amounts of vitamin A, such as alpha-hydroxy acids, Accutane, Retin-A (tretinoin), glycolic acid, and retinoic acid.
- Only use skincare products recommended by your provider (sold separately)

If you have any questions before or after your appointment, you can email us at info@lakeshoreskinandbody.com or call/text us at 906-273-0512. Thank you for choosing Lakeshore Skin + Body!