

POLYCLINIC PLASTIC SURGERY

1229 MADISON ST, SUITE 1600
SEATTLE, WA 98104
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Pre & Post Care for Pigmented Lesion Treatments (IPL)

Before your treatment:

- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment
- Discontinue the use of any retinols (Retin-A, Tretinoin cream) 2 weeks prior to treatment

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) SPF 30 sunscreen to prevent further sun damage
 - Bruising, redness and swelling are common and resolve with time
 - Treated pigment will turn darker (brown to black) within 24-48 hours
 - Do not pick at treated areas
 - Treated pigment will exfoliate off the face in approximately 1 week
 - Treated pigment will exfoliate off the body in approximately 2-3 weeks
 - Avoid heat – hot tubs, saunas, etc. for 1-2 days
 - No exercising 24-48 hours after your procedure
 - Avoid skin irritants (examples below) a few days post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
 - Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
 - Consult with clinic about when to resume skin care regime.
 - Additional instructions: _____
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If you have any questions or concerns, please call 206-860-5582.