

**The Michael Horn Center**  
60 E. Delaware Place Floor 15  
Chicago, IL 60611  
312.202.9000  
Doctor.Klara.com

## **Pre & Post Treatment Instructions**

### **IPL- Intense Pulse Light Therapy**

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

#### **Before IPL Photofacial Treatment**

- Avoid use of Accutane for 6-9 months prior to treatment.
- Avoid tanning treatment area including tanning beds, spray tan, and sun for a minimum of six weeks.
- Stop use of exfoliants (including Renova, Glycolic Acid) on treatment area one week before treatment.
- Shave area closely before every treatment.
- Avoid makeup on area to be treated.
- You may not proceed with this treatment if you are pregnant or breastfeeding.
- If you have a history of oral herpes, you must pre-treat with an anti-viral three days before your scheduled visit.
- Dermal fillers or other injectables should not be done within 2 weeks before treatment.
- Avoid chemical or mechanical irritants 1 week prior to treatment.

#### **After IPL Photofacial Treatment**

- You may have transient redness, swelling, itching and burning for a few minutes up to 48 hours. You may apply aloe vera or cold compress.
- Avoid direct sunlight. Use sunscreen with SPF 30 or higher.
- Do not apply makeup until redness has subsided.
- Avoid hot showers for 24 hours. Use cool water and gentle cleansers for 48 hours.

- Small scabs may develop over areas of pigmentation 24-48 hours following your treatment. Keep areas well moisturized and allow them to fall off on their own. This is an expected occurrence with IPL.
- Avoid use of exfoliants for one week after your treatment.
- Avoid microdermabrasion and acid peels one week after your treatment.
- Dermal fillers or other injectables should not be done within 2 weeks after treatment.
- Avoid chemical or mechanical irritants 1 week after treatment.

### **Warning**

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

For any questions or concerns, please contact us by phone, or by our online patient platform Klara. If you need to provide additional information such as photos, you may use the attachment button (small paperclip) in the bottom right corner of your app. This will take you directly to your photo gallery of your device.