



Client Pre & Post Care Instructions
IPL Photo Facial (Intense Pulse Light)

Thank you for scheduling your IPL treatment with Golden Laser Aesthetics. The instructions below must be followed diligently in order to obtain optimum results.

Pre Care Instructions

- Avoid all active skin care ingredients such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinols/retinoids.
- Clients should come to their treatment with a clean face and no makeup on.
- Male clients please shave prior to treatment.
- Avoid extended sun exposure or tanning for 2 weeks pre & 1 week post treatment. Wear sun protective hats and clothing.
- Clients who are tanned or sunburned need to wait at least 2-4 weeks before being treated in order to avoid additional skin damage.
- No Botox and Fillers 2 weeks pre & post treatment to avoid disruption of product.
- Clients who have used Accutane within the last 12 months CANNOT have IPL treatments.
- Avoid photosensitizing medications/antibiotics and aspirin.
- For clients who have a history of herpes outbreaks in the areas being treated, we recommend a prescribed medication, such as Valtrex, for one week prior to the treatment to help prevent an outbreak. Ask your esthetician for a prescription.

Post Treatment Expectations

- Mild erythema (redness) will be present in the treatment area and can last a few hours up to a few days. Mild swelling and/or tenderness may accompany this erythema.
- Clients will experience a mild to moderate sunburn sensation for up to 48 hours after treatment. Most clients will not experience any significant discomfort.
- The pigmented lesions may initially look darker with a reddened perimeter, and this is normal. The lesions will gradually turn darker over the next 24-48 hours and will begin to flake off in 7-10 days. Rarely would it progress to a scab or crusting phase, and if this happens, please call us.
- Veins or vascular lesions may undergo immediate blanching (turning white) or they may exhibit a slight purple or red coloring. If the treated area develops crusting or a scab, it will start to flake off in 7-14 days. The vessels will fully or partially fade in about the same amount of time.
- Lighter pigmentation may not seem affected, and this is normal especially as treatments continue. This doesn't mean treatment didn't work.
- Healing and flaking can take up to 2 weeks to subside and DiamondGLOW or Dermaplane can help in the aid of exfoliation of the treated area. Ask your esthetician to determine if a DiamondGLOW or Dermaplane will be beneficial for you.



Post Care Instructions

- Discomfort can be relieved with cool compresses.
- Avoid all active skin care ingredients such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinols/retinoids.
- When washing your face for the first 1-2 days, do not scrub. Use a gentle cleanser with no acids.
- No heavy exercise, hot tubs and/or saunas, or hot showers for the next 48 hours.
- Avoid shaving the area for 24 hours after treatment.
- A post-care system is recommended for best outcome and healing. This is customized by your esthetician for best pre and post outcome. A sunblock is a MUST to ensure safe treatment and best outcome.
 - Recommended post-care products include a mild facial cleanser, high quality SPF 30+(zinc and/or titanium dioxide >10%) and a good moisturizer. Your esthetician will help you determine the best post-care routine for your skin. If an open area occurs or if the treatment area is inadvertently picked an antibiotic ointment, such as Bacitracin, can be applied.
- Do NOT have any other facial treatments for at least 2 weeks post treatment.
- In rare cases, prolonged redness or blistering may occur, if this happens please call us.