

**NTOC MED SPA**  
**Pre and Post Treatment Instructions for IPL Photofacial**  
(Sun/Age Spots, Vascular lesions, Rosacea, Dry Eye)

**Pre Treatment Instructions:**

Avoid direct sun exposure and Self Tanning products- apply broad spectrum spf (40 or Higher) daily 4-6 weeks before and post treatment.

Do not use any retinol(retin-A) or products containing harsh chemical exfoliants on treatment area for **1 week** prior to treatment. **Avoid Accutane** for a minimum of **6 months** prior to treatment. Let your practitioner know if you have ever had a history of hyperpigmentation/hypopigmentation, or melasma.

If you have a history of fever blisters/cold sores we recommend taking a prophylactic antiviral therapy medication prior to treatment to prevent a flare up of cold sores.

You must notify your practitioner if you have any cosmetic tattooing on or near the area to be treated.

Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to treatment.

**On The Day Of Treatment:**

Please come to your appointment well hydrated with a clean face. Remove all makeup if the area is to be treated is the face.

\*\* For Male Patients Shave the Day of your appointment\*\*

**Post Treatment Instructions:**

You may experience a mild sunburn like sensation following the treatment. This generally subsides within a few hours post treatment. Skin redness and swelling is **normal** and may last a few days. Crusting and blistering is uncommon and not serious. Pigmented lesions may begin to flake a few days post treatment (3-10 days).

Use the post procedure kit provided by your practitioner unless advised otherwise. Cold compresses in moderation may be useful for the first 24 hours following treatment.

Do not use any harsh exfoliating agents including **chemical** and **manual** exfoliation methods for **one week** unless otherwise instructed by your practitioner.

Avoid the sun and use a high quality, broad spectrum SPF. we recommend SPF 40 or higher. Failure to apply proper sun protection will hinder results and can potentially cause complications following treatment.

Avoid excess heat and friction to the treated area; avoid hot steam baths, exercise, saunas, hot tubs, and swimming pools for a minimum of **24 hours** unless otherwise instructed by your practitioner.

Pigmented lesions are expected to **darken** with IPL treatments before they begin to respond and resolve, this is expected and considered normal. **DO NOT** pick or rub these areas once they become dry, these spots will lift and resolve on their own.

Please contact us directly if you have any questions or do not understand any of the instructions outlined in this form.