



OPTIQUE OF DENVER

IPL PRE-TREATMENT EDUCATION AND INSTRUCTIONS

Pre-Treatment Patient Education

Patients should be aware of the following prior to performing the IPL procedure:

- Results are not guaranteed.
- Adverse effects may include redness, swelling, burning, pain, crust formation, bruising, hyper-and hypo pigmentation, and scar formation.
- Multiple treatment sessions (minimum of 3 consecutive separated by 3 to 4 weeks) are required for optimal results.
- Maintenance dry eye treatment must be continued for best results.

Pre-Treatment Patient Instructions to achieve best results

- Do not take isotretinoin (Accutane) for 4 months before treatment.
- Limit skin brightening agents for 1 week leading up to your treatment.
- Limit sun exposure 1 week prior to your treatment.
- Limit self tanners at least 2 weeks prior to treatment
- Do not take ibuprofen or blood thinners 2-3 days prior to treatment.
- Do not have IPL if pregnant or nursing.
- No Botox at least one month prior to the IPL procedure.
- No Fillers at least 2 months prior to the IPL procedure.
- Limit artificial tanning at least 2 weeks prior to your treatment.
- Do not apply makeup or lotions on your face the day of treatment, or be prepared to remove them completely at our office.
- If you have a history of cold sores, take your prescribed medications (Valtrex, Famvir, Zovirax) on the day before, the day of and the day after treatment. Let our doctors know prior to arrival.
- Inform our staff before each appointment if you (1) are taking new medications or (2) have tattoos or beauty marks you do not want to be altered.