

# SAGE & VINE

AESTHETICS

## IPL

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### Pre-Operative Instructions for IPL Treatment

#### 2–4 Weeks Before Treatment:

- Avoid sun exposure and tanning beds. Skin must not be tanned, sunburned, or recently exposed to intense sunlight.
- Discontinue self-tanners at least 2 weeks prior.
- No waxing, chemical peels, or dermabrasion in the area being treated.
- Avoid Botox or dermal fillers in the area for 2 weeks before IPL.

#### 7 Days Before:

- Stop using topical products that increase photosensitivity:
- Retinoids (Retin-A, tretinoin)
- Hydroquinone
- AHAs/BHAs (glycolic/salicylic acid)
- Vitamin C
- Avoid medications that increase sensitivity to light (e.g., certain antibiotics or acne medications—check with your provider).

#### 3 Days Before:

- Avoid exfoliating scrubs or products with alcohol.
- Hydrate well and moisturize your skin.

#### Day of Treatment:

- Arrive with clean skin — no makeup, lotion, sunscreen, or perfume.
- Shave treatment area (if needed) — do not wax or use depilatory creams.
- Wear loose, comfortable clothing that doesn't rub the treated area.
- Let your provider know if you've had cold sores — you may need an antiviral.

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## Post-Operative Instructions for IPL Treatment

### Immediately After Treatment:

- Redness, warmth, and mild swelling are common for a few hours to 48 hours. Brown spots may darken temporarily (this is normal) and will flake off in 5–7 days.
- Cool compresses or ice packs may be applied for comfort (10–15 minutes at a time).

### First 24–48 Hours:

- Use a gentle cleanser and lukewarm water to wash the face; pat dry, don't rub.
- Apply a soothing, non-comedogenic moisturizer (e.g., aloe, hyaluronic acid). Do not pick, rub, or scrub the treated area.
- Avoid hot baths, saunas, and vigorous exercise that causes sweating.
- No makeup for 24 hours or until skin sensitivity subsides.

### 3–7 Days Post-Treatment:

- Continue using gentle skincare. Discontinue active ingredients (retinoids, acids) until the skin has fully healed.
- Expect flaking or crusting of pigment spots — do not pick.
- Avoid sun exposure; use a broad-spectrum SPF 30+ sunscreen daily.
- Wear a hat and avoid direct sunlight.

### 7+ Days:

- You may resume your regular skincare regimen once all irritation or peeling has subsided.
- Continue sun protection daily to maintain results and prevent new damage.

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## When to Contact Your Provider

- Severe or prolonged redness/swelling (more than 3 days)
  - Signs of infection (pus, blisters, excessive warmth)
  - Unexpected pain or burning sensation
  - Cold sore outbreaks
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## What To Expect:

- Mild redness or warmth for a few hours to 1–2 days
  - Treated pigment spots may darken temporarily, this is normal
  - Some patients experience slight swelling, sensitivity, or flaking
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## Post-Treatment Care:

- Use a gentle cleanser and lukewarm water, pat dry, don't rub
  - Keep the skin moisturized with a non-comedogenic moisturizer
  - Apply a mineral-based SPF 30+ sunscreen daily, even indoors!
  - Wear a wide-brim hat when outside to protect the treated area
  - Let dark spots naturally flake off over 5–7 days, do not pick or scrub
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## For the First 3–5 Days, Avoid:

- Direct sun exposure
- Heat, sweating, or intense exercise
- Saunas, steam rooms, or hot showers
- Harsh skincare products (retinol, vitamin C, exfoliating acids)
- Makeup (for 24 hours or as advised)

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## Your Next Appointment:

Most patients see the best results with a series of 3–5 IPL sessions spaced 4 weeks apart, depending on skin concerns.

If you haven't scheduled your next visit yet, feel free to give us a call at your convenience

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## Need Help or Have Questions?

If you notice any unexpected symptoms such as blistering, increased pain, or signs of infection, please contact us right away.

We appreciate your trust and look forward to seeing your results!