

Zoya's Face Spa

IPL before & after treatment instructions

Before treatment:

- 1) If possible please do not wear makeup to your treatment.
- 2) Avoid any possible irritants to your skin, such as retinoids or retinol, salicylic acid, astringents, or vitamin C for 1 week prior to treatment, unless otherwise directed.
- 3) Do not wax or use a depilatory on treatment area for 3 days prior to treatment.
- 4) Avoid artificial tanning or sun exposure 2 weeks prior to treatment. Do not use sunless tanner 2 weeks prior to treatment.

After treatment:

- 1) Care should be taken to prevent trauma to the treated area for the first 24-48 hours following treatment. Avoid skin irritants for 3 days. This includes waxing, tweezing, depilatories, retinol, retinoids, glycolic acid, salicylic acid, and vitamin C, unless otherwise directed.
- 2) Ice, chilled cold packs, or a wet wash cloth (put in freezer for 2-3 minutes) may be applied post-treatment, or as needed for patient comfort.
- 3) Treated brown spots usually darken after treatment, and flaking begins to form within a few days. This flaking usually resolves in 1-3 weeks. It should be allowed to naturally flake off for best results.
- 4) If significant flaking occurs an antibiotic ointment or lubricating cream may be used. Call the office for recommendations 214-402-6375.
- 5) Localized redness may also be present and typically resolves in 24-48 hours.
- 6) Avoid hot tubs or spas for at least 24-48 hours after treatment.
- 7) Makeup may be applied as long as the skin is not irritated. Try to wait until the day after treatment to apply makeup.
- 8) If the skin is broken or a blister appears, please contact us at 214-402-6375. If not allergic, you may use an antibiotic ointment. Also, for further protection, keep the affected area covered and avoid direct sunlight while experiencing these symptoms.
- 9) The recommended time interval between treatments is 3 weeks or longer, once the flaking has cleared, unless otherwise directed.
- 10) Patient should avoid artificial tanning and/or sun exposure without sun protection, in the 2 weeks following treatment.

If you have any questions or concerns, please call our office at 214-402-6375 or email zoya@zoyasfacespa.com.