

## *Laser & Intense Pulse Light (IPL)*

### **CONTRAINDICATIONS**

- Tanned skin (active tan) or through sun exposure or tanning bed or self-tanners in the previous 14 days (because of increased risk of hyperpigmentation).
- Waxing, plucking, sugaring, or threading depilation procedure of the area in the previous 1-3 weeks (because the hair has been removed)
- Hypopigmentation (i.e. vitiligo)
- Autoimmune diseases and disorders
- Any inflammatory skin condition (i.e. eczema, active Herpes Simplex, etc. at the procedure site)
- Presence of cancer or current cancer drug therapy
- History of keloid scarring
- Light Sensitive Epilepsy
- Any photosensitive medications or supplements
- Use of topical Retin-A previous 2 weeks
- Accutane in the previous 6 months
- Pregnancy or breastfeeding
- The presence of any implanted medical device such as a pacemaker.
- Presence of surgical metal pins or plates under the tissue to be treated

### **WHAT TO EXPECT**

- The treated skin throughout the course of treatments is sensitized to sunlight. Clients must wear a daily broad-spectrum sunscreen SPF 30 or greater.
- When treating pigmented lesions, the lesions will darken, crust, and then slough off over the course of several days (7-10 days). Clients must not scratch or pick at crusts as it may result in scarring.
- Clients should not have any chemical exfoliations for 4 weeks after laser treatments, and 4 weeks after IPL.
- Clients should not exfoliate during the healing process until all lesions have sloughed off naturally.
- Many clients experience a histamine reaction which can cause hives or itching, this is normal. Please use antihistamines such as Benadryl or Cortisone Cream.

### **AFTERCARE**

- Cortisone cream should be applied if the area is irritated or itchy.
- Aloe vera should be applied to rehydrate skin.
- If hyperpigmentation develops it should be allowed to crust up and flake off naturally, do not scratch or pick at crust.
- An antibiotic ointment should be utilized if there is any open blistering or break in the skin.
- Do not shave the treated area for 3 to 7 days post-treatment if crusting or blistering occurs.

- Normal skin care regimens, i.e., makeup, moisturizers, deodorant, or shaving may be resumed the day following the procedure provided there is no redness, blistering, or crusting present.

**Sun exposure should be avoided throughout the course of treatment BEFORE & AFTER. A broad-spectrum sunscreen with an SPF of 30 or greater should be applied whenever the area may be exposed to the sun.**

**Delayed blistering secondary to sun exposure has been noted up to 72 hours post-treatment.**

**Swimming, sports and or strenuous exercise should be avoided until any redness, crusting, or blisters have resolved following the laser treatment**

**Please contact APEX Performance & Aesthetics with any questions or concerns**

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