

## **NORDLYS IPL™ PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS**

### **PRE-PROCEDURE INSTRUCTIONS**

#### **One Month Prior**

- Avoid sunbathing, tanning beds and self-tanners
- Wear SPF 30+ sun protection daily
- Consider using a moisturizing lotion daily

#### **One Week Before**

- Avoid the use of photosensitizing medications, and medications such as Retina A or Glycolic Acid

#### **One Day Before**

- If you have a history of Herpes Simplex virus infection, you may consider taking an antiviral medication as prescribed by your doctor
- Shave the areas to be treated

#### **Day of Treatment**

- Inform your provider if you have changed medications or have had recent sun exposure
- Inform your provider if you have had treatment for blood vessels (including diffuse redness), facial veins, rosacea, acne
- Avoid smoking cigarettes for at least 4–8 hours before treatment, as this may constrict the vessels and make treatment less successful
- Do not exercise or go to the gym, spa or sauna immediately before treatment
- Avoid anticoagulants (e.g. aspirin, ibuprofen, fish oils, vitamin E, etc.)

### **POST-PROCEDURE INSTRUCTIONS**

#### **Immediately Post Treatment**

- Apply sunscreen (SPF 30+) to all areas treated and avoid sun exposure

#### **Same Day of Treatment**

- Avoid saunas, strenuous exercise, and any activity that may cause excessive heat to the treatment area for 72 hours
- A feeling of itchiness may be noticed; this is perfectly natural
- Do not scrub or scratch the treated areas
- Apply a moisturizer to the treated area
- Do not apply products that may cause your skin to react negatively for 1–2 weeks (e.g. scrubs, exfoliating agents, products with fragrance or perfumes)
- If possible, avoid using makeup other than sunscreen and moisturizer for 4–8 hours after treatment
- Treated pigment may become darker following the treatment, this is a desired effect and may be covered by make-up after 24 hours
- Inform your provider immediately if there is continued or severe discomfort or any sign of blistering. This is extremely uncommon, but requires immediate attention
- The treated pigment will darken, dry, and slough as the skin renews (7–21+ days)
- Avoid sun exposure for 1 month after the treatment
- Slight redness and itchiness are common for a few minutes to a few hours after the treatments
- Dry skin or peeling may be noted after the treatments (apply moisturizer)
- Treatments of small vessels may have erythema (redness) lasting a few days

#### **Week 1 & 2 Post Treatment**

- Avoid direct sun if possible but if you cannot avoid direct sun exposure, always use sunscreen (30+ SPF) and reapply every 2 hours

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 2** to be connected to our answering service. **For a true medical emergency, call 911.**