



E-EYE/IRPL® PRE-TREATMENT INSTRUCTIONS

The following guidelines will help with the success of your IRPL treatment.

- A minimum of 4 treatment sessions are required for optimal results. More may be required due to the severity of your chronic progressive disease.
- No direct sun exposure and/or tanning bed exposure (2) weeks prior to your IRPL treatment. Sun exposure may intensify hyper-pigmentation.
- Wear a hat, and use a broad-spectrum sunscreen SPF 30 or greater daily (best with titanium dioxide or zinc oxide)
- Any tanning or tanning products can cause side effects. Therefore, artificial tanners must be discontinued (1) week before your treatment.
- Discontinue any medications (tetracycline, doxycycline, etc.) vitamins (Gingko Biloba or St. John's Wort) 72 Hours prior to treatment that cause photosensitivity.
- Discontinue Retinol, Retina-A (tretinoin), or glycolic/salicylic acid or Vitamin C products (2) days before treatment and (1) week post-treatment.
- Stay hydrated pre and post-treatment
- (1) A week before treatment, discontinue aspirin, ibuprofen, and Vitamin E capsules. This will help decrease redness, bruising, and failure of capillaries to resolve post-treatment.
- If you have a history and are prone to cold sores, please inform your doctor before treatment if you are doing a full-face treatment.
- Discontinue Accutane (oral acne medication) one month before IRPL treatment.

THE DAY OF YOUR IRPL TREATMENT

- Do not wear any make-up or lotion on your face. The treated area will be cleaned prior to your treatment.
- If you have a cold sore or a history of cold sores, inform your doctor before your treatment.
- Inform the doctor or medical technician, prior to treatment, if you are taking any new medications.

WHAT TO EXPECT POST IRPL TREATMENT

- No downtime is required post-treatment. You may resume normal activities.
- Make-up can be applied after a treatment session.
- Your skin may feel tight due to the anti-aging benefits of the treatment.
- Your skin may appear pink, but that should dissipate within a few hours.
- Avoid direct sun exposure for (1) week after treatment, use SPF 30 or greater, and wear a hat.
- Stay hydrated.

Please call the office if you have any questions or concerns following your treatment.

Thank You!