



Precare & Postcare
IPL Treatment

IPL treatment

Dolce Vida Medical Spa

PRECARE IPL TREATMENT

01

Avoid Sun Exposure:

Stay out of direct sun and skip tanning (beds, self-tanners, or sprays) for 3–4 weeks before treatment.

02

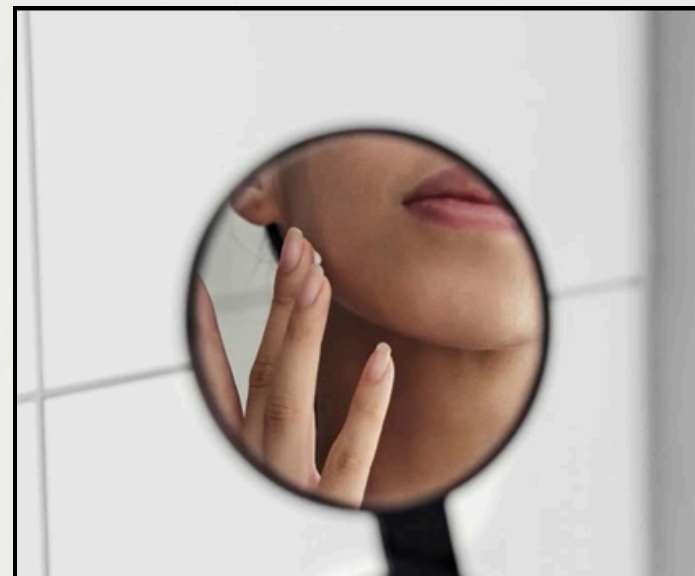
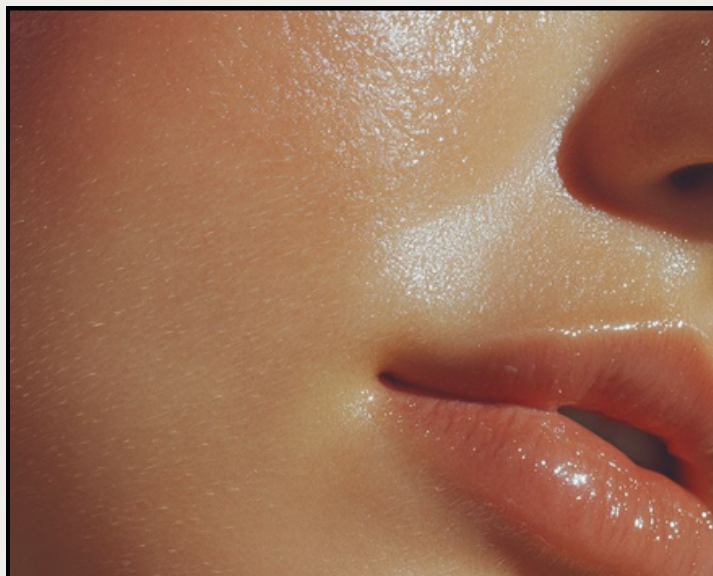
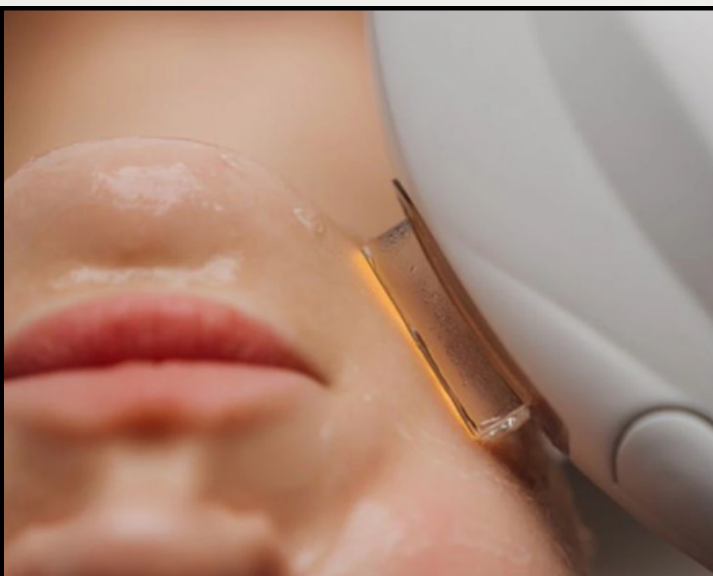
Discontinue Active Skincare:

Stop using retinoids, AHAs/BHAs, and exfoliants for 5–7 days pre-treatment.

04

Arrive with Clean Skin:

Come to your appointment with no makeup, lotion, perfume, or deodorant on the treatment area.



POSTCARE IPL TREATMENT

01

Do NOT exfoliate, masque or use abrasive exfoliants (washcloths) on the face for 5-7 days after treatment.

02

Begin exfoliating 2 weeks post treatment.

03

Coffee-ground like scabbing will occur in the areas of “dark spots.” These will flake off over time.

04

Best results are achieved with 3-5 treatments performed 4 weeks apart.

