



## Preparing For Your Optima IPL Session and What To Expect After Treatment

### ***Patients with the following conditions should not be treated:***

- Current or history of cancer, especially malignant melanoma or recurrent non-melanoma skin cancer, or pre-cancerous lesions such as multiple dysplastic nevi.
- Any active infection.
- Diseases which may be stimulated by light at 515 nm to 1200 nm, such as history of seizure disorders, recurrent Herpes Simplex, Systemic Lupus Erythematosus, or Porphyria.
- Use of photosensitive medication and/or herbs that may cause sensitivity to 515 1200 nm light exposure, such as Isotretinoin, tetracycline, or St. John's Wort.
- Immunosuppressive diseases, including AIDS and HIV infection, or use of immunosuppressive medications.
- Patient history of Hormonal or endocrine disorders, such as polycystic ovary syndrome or diabetes, unless under control.
- History of bleeding coagulopathies, or use of anticoagulants
- Recent history or current use of oral Isotretinoin (such as Accutane) should not be treated.
- History of keloid scarring.
- Very dry skin.
- Exposure to sun or artificial tanning during the 3–4 weeks prior to treatment.
- Pregnancy and nursing.

### **Preparing for your treatment**

- Avoid sun exposure including the use of tanning beds or self-tanning lotion 3-5 days prior to the procedure and a few days after the treatment.
- Do not use any cream, body lotion or make-up on the day of the treatment. You may apply immediately following the procedure provided you don't have any discomfort.
- You may experience slight discomfort during the procedure similar to that of a rubber band snap.
- A coupling gel will be used on the treatment area during the procedure.

### **What to Expect following your treatment**

- Rare but possible side effects or serious complications including permanent discoloration and scarring can occur
- Short term effects such as the following may also occur
  - Flaking of pigmented lesions – crusts may take 5-10 days to disappear. Do NOT manipulate or pick on the lesions as it can lead to scarring.
  - A mild "sun burn" sensation may follow the procedure for up to one hour and can be reduced with an application as well as reddening and slight swelling. You may use a cooling and/or soothing cream to alleviate these symptoms.
  - Bruising may occur and may last up to 2 weeks.
- It is important to use sunblock and avoid sun exposure for a few days following the procedure.
- Approximately 3-4 treatments, spaced 3-6 weeks apart, will be necessary along with annual maintenance treatments.
- If your discomfort or skin condition is unbearable and/or severe, please call our office immediately at (701) 857-6050. If it is after hours, you may call (701) 409-0076.

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