

INSTRUCTIONS

IPL and/or RF Treatment

WHAT CAN I EXPECT?

All treatments are performed in our spa rooms at Alternate View. There is no general anesthesia, no incisions, or downtime that is associated with Intense Pulsed Light (IPL) and Radiofrequency (RF) treatments. Most clients find the treatments very comfortable. Your provider will discuss in detail with you the specifics of your customized treatment plan and how it will address your individual condition.

Here are some of the sensory experiences you can expect during the treatment process:

- You'll be slightly reclined in our aesthetic chair.
- An eye shield will be placed on your eyes.
- An ultrasound gel will be applied to your face.
- For IPL: you will hear the machine beeping to count the pulses of light. You will also see bright flashes of light as the treatment is being administered.
- For RF: You will hear the machine beeping as it times your treatment. You'll feel a gentle massage around the face and eyes with the RF handpiece.
- The treatment will last approximately 40 minutes.

PRE-TREATMENT INSTRUCTIONS

- Avoid skin irritation or intentional skin tanning. Wear SPF when outdoors during daylight hours.
- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- You should not be freshly tanned or using a sunless tanner during your treatment.
- Arrive for treatment with **clean skin**. There should be no lotion, make-up, perfume, powder, or bath/shower oil present on the skin in the area to be treated. If needed, we will have towels and makeup remover available in the spa room.
- Areas of dental crowns, caps, braces, or other metal dental implants may be more sensitive to treatment, and the clinician may use dental rolls, gauze, or a tongue depressor to isolate the area and make the treatment more comfortable.

POST-TREATMENT CARE

Because these treatments are non-invasive, there is no downtime when you undergo IPL or RF treatment at Alternate View. However, to care for your skin effectively after treatment, we advise the following:

Intense Pulsed Light

- Sunblock should be used for 3 weeks following the treatment.
- Moisturizer may be applied after each treatment.
- Makeup may be applied immediately after the treatment.

Radiofrequency

- Skin cooling is NOT recommended.
- Avoid very hot water for 2 days after the treatment.
- Avoid scrubbing, pinching etc., on the treated area.
- Moisturizer and makeup may be applied to the skin surface immediately post-treatment.
- After each treatment session, contact us if there is any indication of infection, excessive swelling, redness, pain, or any other unusual or untoward symptoms.

If you have additional questions about your upcoming facial aesthetic service, please call us at 317.785.7470.