



saddleback
dermatology laser + cosmetic center

IPL (Intense Pulse Light) - Appointment Reminder-

We look forward to seeing you for your upcoming IPL appointment.

Please notify us upon arrival if you have had any changes in your address or insurance coverage. For best results and to avoid complications:

- Avoid artificial tanning products, direct sunlight and tanning beds 2 weeks prior to treatment.
- Please let your provider know if you have used Accutane (Isotretinoin) within the last 6 months.
- Avoid skin irritants for a few days prior to treatment. Examples are Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C, astringents, etc.
- Take any over the counter pain relief up to an hour prior to treatment.
- If possible, avoid wearing makeup to appointment. If so be ready to remove it prior to treatment.
- Please arrive on time for your scheduled appointment
- Click [HERE](#) to sign into our patient portal and update any patient form(s) prior to your appointment.
- While face masks are no longer required, we ask that you wear one if you are experiencing symptoms such as cough, fever or other illness. If you currently have COVID-19 or have been in contact with anyone who does, please allow us to reschedule your appointment.

If you need to cancel or reschedule this appointment, please call our office at (949) 770-8115 or text 949-403-6562 at least 24 hours prior to your appointment.

Thank you,
Physicians and the Saddleback Dermatology Laser & Cosmetic Center Staff

Ira Bell, M.D. | Karen G. Benik, M.D. | Azin Meshkinpour, M.D., M.P.H | Kim Tang, M.D.