



## POST-TREATMENT INSTRUCTIONS FOR IPL TREATMENTS

### General

A mild sunburn-like sensation is expected. This usually lasts 2 to 24 hours but can persist up to 72 hours.

A mild swelling and/or redness may accompany this, but usually resolved in 2 to 3 days.

Apply ice or cold packs to the treatment area for the 10 to 15 min every hour for the next 4 hours, as needed.

An oral, non-steroid anti-inflammatory, such as acetaminophen may be taken to reduce discomfort. Use according to manufacturer's recommendations.

In some cases, prolonged redness or blistering may occur. An antibiotic ointment may be applied to the affected areas twice a day until healed.

Bathe or shower as usual. Treated areas may be temperature sensitive.

Until redness has completely resolved, **avoid all of the following:**

- Applying cosmetics to treated areas.
- Swimming, especially in pools with chemicals, such as chlorine.
- Hot tubs and Jacuzzis
- Activities that cause excessive perspiration.

It is imperative to use a sunscreen/sunblock with SPF 20 or higher and avoid direct sun exposure for at least a week

**Do not** pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.

**Do not** have electrolysis, facial waxing and/or depilatories for approximately 14 days after.

It is recommended that other topical, over-the-counter medications or alpha hydroxy acid products **not be applied** to the skin 7 days post procedure, as they may cause irritation.

### For Pigmented Lesions

The lesion may initially look raised and/or darker with a reddened perimeter

The lesion will gradually turn darker over the next 24 to 48 hours. It may turn dark brown or even black.

The lesion can progress to scabs/crusting and will start flaking off in 7 to 14 days. Do not pick, scratch or remove scabs.

The lesion is usually healed in 21 to 30 days. It will continue to fade over the next 6-8 weeks.