

IPL AFTERCARE

POST-TREATMENT INSTRUCTIONS

General

- A mild sunburn-like sensation is expected. This usually last 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but it usually resolves in 2-3 days.
- Apply ice or cold packs to the treatment area for 10-15 minutes every hour for the next four hours, as needed. An oral, non-steroidal anti-inflammatory, such as acetaminophen (Tylenol) may be taken to reduce discomfort. Use according to manufacturer's recommendations.
- In some cases, prolonged redness, crusting 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. Cool showers or baths will offer relief. Avoid aggressive scrubbing and use of exfoliants, scrub brushes and loofa sponges until the treatment area has returned to its pre-treatment condition.
- **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.
 - Sun exposure to treated areas. Apply an SPF-30 or greater sunscreen to prevent development of new pigmented lesions.

For Pigmented Lesion Treatment

- The lesion may initially look raised and/or darker with a reddened perimeter.
- The lesion will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black.
- The lesion will progress to scabs/crusting and will start flaking off in 7-14 days. Do not pick, scratch or remove scabs, they will fall off on their own.
- The lesion is usually healed in 21-30 days. It will continue to fade over the next 6-8 weeks.

For Vascular Lesion Treatment

- The vessels may undergo immediate graying or blanching, or they may exhibit a purple or red coloring. The vessels will fully or partially fade in about 10-14 days. Do not pick, scratch or remove scabs.
- Repeat treatments may be performed every 30 days if skin has fully recovered.