



IPL POST TREATMENT INSTRUCTIONS

- It is common to experience a mild sunburn like sensation post treatment. This usually resolves in 1-2 hours, but can persist up to 24 hours. This may be accompanied by mild swelling, tenderness, and/or redness
- Apply ice packs to the treated area for 10-15 minutes intervals every hour for the first 4 hours post treatment, as needed
- A topical anti-inflammatory can be used for redness and tenderness
- An oral anti-inflammatory, such as Ibuprofen, can be used to reduce discomfort following the manufacturer's instructions

AVOID all of the following until all redness has completely resolved

- o Applying makeup/cosmetics to the treatment area
 - o Swimming – especially in pools with chemicals like chlorine
 - o Ocean swimming
 - o Use of hot tubs/Jacuzzis
 - o Excessive perspiration or irritation to the treatment area
 - o Sun exposure to the treatment area to prevent skin color change
- In some situations, prolonged redness or blistering may occur. Please contact our office if this occurs. You will be instructed to apply a small amount of antibiotic ointment to the region twice daily until healed
 - You may shower as usual post treatment. The treatment site may be temperature sensitive
 - Avoid hot baths post treatment
 - Avoid scrubbing, exfoliant cleansers, scrub brushes, and/or loofah sponges until the treatment site has returned to its pre-treatment condition (no redness, tenderness, etc.)
 - Pigmented lesions may initially look raised and/or darker with a reddened perimeter. This is normal. The lesion will become darker over the next 24-48 hours. It may turn dark brown or even black and then begin to flake off in 7-10 days. In rare situations, this can progress to scabbing or crusting. If this occurs, please contact the office
 - Veins or vascular lesions may undergo immediate graying or blanching (turning white). They may also exhibit slight purple or red coloring. If the treatment area develops a scab, this will flake off at 7-14 days. The vessels will fully or partially fade in about the same amount of time. Retreatment may occur in 7-14 days or when the skin has fully recovered
 - NEVER pick, scratch, or remove any scabs. Allow them to flake off on their own
 - Lesions will continue to fade over the next 6-8 weeks after treatment. Please keep your follow up appointment to assess need for retreatment

If you have any questions or concerns give us a call
(704) 868-6100