

IPL Post-Treatment Instructions

Expect a mild to moderate sunburn-like feeling after treatment. This usually lasts 2-24 hours. Mild swelling and/or redness may accompany this but it usually resolves in 2-3 days.

Bathe or shower as usual. Treated areas may be temperature-sensitive. Use a gentle cleanser and apply with SPF 50 daily.

Pigmented lesions will gradually turn 2-3 shades darker over the next 24-48 hours. It may be dark brown or even black. The lesion will progress to darkening and/or crusting and will start flaking off in an average of 7-21 days, depending on the treated area. **Do not pick or pull at darkened lesions as scarring may occur.**

The lesions may initially look raised and/or darkened with a reddened perimeter.

Vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red color change. The vessel will fully or partially fade in about 10-14 days. Rarely but sometimes when treating blood vessels a bruise may occur. Bruising will resolve within 5-7 days. You may apply Arnica to the bruised area as needed.

Apply ice as needed for swelling to the treatment area for 10-15 minutes every hour for 4 hours. Place a clean towel between the Ice and treatment area to avoid freezing the skin

Until redness has resolved, it is recommended to **avoid the following:**

- Swimming in chemical treated pools and ocean water.
- Hot tubs, Jacuzzis and saunas.
- Activities that cause excessive perspiration or any activities that may raise core body temperature such as exercising.
- Sun exposure and tanning treated areas.
- Aggressive scrubbing and use of exfoliates on the treated are

You may resume Retin-A one week after treatment. Use caution when resuming daily products as the skin may be sensitive.

If being treated for pigmented lesions (brown spots), some stripes or pigment changes may be apparent. For optimal results 4 or more treatments may be necessary 4 weeks apart.

If being treated for vascular lesions (redness), optimal results are achieved in 3-6 treatments 3-4 weeks apart. Keep in mind vessels may reappear and continued maintenance may be needed once or twice a year.