

IPL (Intense Pulsed Light for redness or pigmented lesions) 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.

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.

Apply wrapped ice to the treatment area for 10-15 minutes every hour for 4 hours as needed. Never apply ice directly to skin. An oral anti-inflammatory or analgesic may be taken to reduce discomfort.

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

- Apply cosmetics to treated areas, unless formulated for post procedures.
- 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.
- Sun exposure and tanning treated areas.
- Aggressive scrubbing and use of exfoliates on the treated area.

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

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

The 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.**

After darkened lesions have flaked off you may resume Retin-A and other exfoliating products and methods, if not continuing with treatment series. If continuing with a series of treatments avoid Retin-A or retinol product until done with series.

Resume discontinued medication after treatment, only if not continuing with a treatment series or as recommended by prescribing physician.

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 3-4 weeks apart.

If being treated for vascular lesions (redness), optimal results are achieved in 3-6 treatments 2-3 weeks apart. Keep in mind vessels may reappear and continued maintenance may be needed once or twice a year for suppression.