
POST IPL CARE

****ABSOLUTELY NO SUN EXPOSURE FOR THE NEXT 4 WEEKS****

Immediately following your IPL (Intense Pulsed Light) treatment, you may experience any, all, or none of the described symptoms.

- Your skin may feel warm like mild sunburn and appear pink. This will subside within the next hour or two. In sensitive individuals, sometimes these symptoms continue and cause swelling the next day. Some redness after the treatment is normal and should resolve within 24-72 hours.
- Swelling may occur.
- Broken Capillaries treated either seal completely and are gone or may rupture under the skin and cause a bruise. If bruising occurs, it may take up to one week to heal.
- Nose veins are stubborn and may not resolve.
- Advanced wrinkling cannot be reversed and a minimal improvement is predictable in persons with drug, alcohol and tobacco usage.
- Vein breakage (Purpura) can occur in veins and will dissipate in 10 days to 3 weeks.
- Do not use any acid products for 7 days after treatment and do not scrub the face or use any strong exfoliates for 7 days after treatment.
- The more sun damage you have, the more down time you will have.
- The number of treatments needed may range from 2-5. Ten percent of individuals may need additional treatments.
- Striping may occur. There is no need for concern; striping is merely a missed area. We avoid overlapping to prevent blisters. Striping will be gone after the second treatment.
- Cold packs, Aloe Vera, or any other cooling preparation and Tylenol may be used to ease temporary discomfort.
- Avoid prolonged hot baths for the first 2 days. Cool showers are recommended.
- Strenuous aerobic exercise and use of saunas and hot tubs should be avoided for 24-48 hours.
- Keep your skin moist with gentle moisturizers such as Cetaphil, CeraVe, Purpose, Squalene, Vaseline lotion. (Do not use any moisturizers that contain Acids in the ingredients)
- Some of the treated pigmented lesion will darken at first (resembling peppering or coffee grounds) then faded and flake off for the next 5 to 10 days, 2-3 weeks for body.
- You MUST wear a sunscreen daily. You will be sensitive to ultra-violet light after treatment and you must avoid direct sun exposure until fully healed (approximately 2-4 weeks before and after treatment). A total sun block, not a sunscreen, should be applied if it is impossible to comply. If further treatment is needed, a **commitment to stay out of the sun is necessary**. Sun exposure may cause certain complications (possibility of blistering and/or hyper pigmentation).
- If the skin is broken or a blister appears, apply an antibiotic ointment and notify our office. Blisters will resolve.
- Makeup can be applied as long as the skin is not broken.
- Fillers or other injectibles should not be done within 2 weeks before/after treatment.
- You will see results from the first treatment. Redness will decrease even more with the second treatment. Changes are happening under the skin's surface that may not be apparent initially. Be patient and allow the skin to go through its cycle of change.
- Once we have your skin in top condition, maintenance of 1-2 IPL treatments, daily use of sunscreen and appropriate skin care products are recommended.

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**Please call the office if you have any questions or concerns during your recovery period.

Instructions Before your Next IPL treatment:

- ❖ Stop using Retin-A®, Renova® (or other retinoid containing products), exfoliating sponges/scrubs, glycolic, alpha and/or beta hydroxyl acid and vitamin C at least 24 hours before your treatment. No Accutane for 6 months before treatment. These products/medications increase photosensitivity and can increase likelihood of complications.
- ❖ Avoid all sun exposure for 48 hours prior to treatment. You should not be tanned or sunburned while receiving IPL treatments. Avoid tanning or tanning creams for at least 2-4 weeks prior to treatments.
- ❖ The use of any aspirin, ibuprofen and other anti inflammatory or blood thinning medications may increase the risk of bruising.
- ❖ If you have a history of cold sores/herpes, you may wish to start an anti-herpetic medicine 48 hours before treatment

If have had any of the following in the 2-4 weeks before your appointment, you will need to cancel and reschedule for another time.

- X Tan skin
- X Sun exposure
- X Botox or Dysport
- X Change in Medication