



POST CARE INSTRUCTIONS FOR IPL

For brown spots and/or redness

1. Following IPL treatment, your skin may feel like it has slight sunburn. You may experience erythema (redness), edema (swelling), and some discomfort of the treated areas lasting several hours, or up to 3 days post-treatment.
2. You may use cold or ice packs, 10-minute intervals, as needed for comfort and to relieve swelling. Should swelling occur, application of an ice pack (10 minutes on, 10 minutes off) multiple times in the first 24 hours will help minimize the swelling
3. **Strict sun avoidance for at least 2 weeks post treatment must be followed**
Prolonged or unprotected sun exposure (including tanning beds) can result in hyperpigmentation of the skin. We recommend iSClinical Eclipse SPF 50.
4. You may experience some purpura (purple spots or patches) in the treated areas, which would be expected to resolve within several days.
5. Treated brown spots usually darken after treatment, and crusting begins to form within a few days. This crusting usually resolves in 1 to 3 weeks. It should be allowed to flake off naturally.
6. If the treated area feels itchy, an over the counter hydrocortisone cream may be used as needed. This is usually not necessary.
7. Use a mild cleanser (such as Cetaphil or Cerave) and a mild moisturizer after the treatment for a few days before resuming your normal skin routine. You may resume your normal skin routine after 3 days.
8. During the first 24 hours post treatment, care should be taken to prevent trauma to the treated site. Avoid hot baths, massages, irritating skin products (i.e. retinol), and exfoliants. The treated skin should be kept clean.
9. Rarely, a small blister or scab may form. Gentle washing and an antibiotic ointment (Bactracin, Polysporin, ect.) may be applied to the area unless you are allergic to these medications. Do not try to remove any scabbing

10. You can apply make-up to the treated skin starting the next day.

11. Please contact the office with any questions or concerns that you may have.