

## **IPL POST-TREATMENT INSTRUCTIONS**

- 1) A mild sunburn-like sensation is expected. This usually lasts 1-2 hours but can persist up to 24 hours, individuals may vary. Mild swelling, tenderness and/or redness may accompany this.
- 2) Apply icepacks or gel packs (do not apply direct ice) to the treated area for 10-15 minute intervals every hour for the next four hours as needed. A topical anti-inflammatory can be used for redness and tenderness. An oral, non-steroidal anti-inflammatory, such as acetaminophen or ibuprofen, may be taken to reduce discomfort. Use according to the manufacturer's instructions.
- 3) In rare cases, prolonged redness or blistering may occur. If this happens, please call our office. An antibiotic ointment may be applied to the affected areas twice a day until healed.
- 4) Shower as usual. Treated areas may be temperature-sensitive. Avoid soaking in a hot tub of water. Avoid scrubbing, use of exfoliants, scrub brushes, and loofah sponges until the treatment area has returned to its pre-treatment condition.
- 5) The pigmented lesions may initially look raised and/or darker with a reddened perimeter, this is normal. It will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black and will begin to flake off in 7-10 days. Rarely would it progress to a scab or crusting phase, if this happens, please call us.
- 6) Veins or vascular lesions may undergo immediate graying or blanching (turning white) or they may exhibit a slight purple or red coloring. If the treated area develops crusting or a scab, it will start to flake off in 7-14 days. The vessels will fully or partially fade in about the same amount of time. Repeat treatment to veins may be every 7-14 days, or when the skin has fully recovered.
- 7) Do not pick, scratch or remove any scabs. Allow them to flake off on their own. Lesions are usually healed in 7-10 days. They will continue to fade over the next 6-8 weeks after treatment. Please keep all follow up appointments and do not hesitate to call our office if you have questions or concerns.

### **Until the redness has completely resolved, avoid all of the following:**

- 1) Applying cosmetics to the treated area
- 2) Swimming, especially in pools with chemicals, such as chlorine
- 3) Ocean swimming and Hot Tubs/Jacuzzis
- 4) Excessive perspiration or irritation to the treated area
- 5) Sun exposure to the treated areas –to prevent skin color change.

*Call your physician's office with any questions or concerns you may have after the treatment*