



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 exfoliator 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 lesions will darken at first (resembling peppering or coffee grounds) then fade and flake off for the next 5 to 10 days, 2-3 weeks for the body.
- You MUST wear sunscreen daily.
- You will be sensitive to ultraviolet 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.

Provider Signature:

Patient Signature:
