



IPL POST TREATMENT CARE

Care should be taken to prevent trauma to the treated area for the first 24-48 hours following treatment. No rubbing, scratching, picking on the treated area. Bathe or shower as usual. Normal activity is ok.

- Sun protection is crucial to skin health during and after treatment. A minimum SPF 30 Sunscreen (UVA/UVB) should be used for any sun exposure during your treatment. Something zinc based is the best. Sun exposure and tanning beds should be avoided 4 weeks prior and throughout the course of your treatments. Remember, even the best of sunscreens last only a few hours. Reapply every two to three hours!
- Mild sunburn like sensation is expected. Mild swelling and/or redness may accompany this. If you do experience swelling (most commonly upper cheek and eye area), this is normal and will resolve in 10-14 days. But, if you have any questions, please call the office.
- Ice, chilled cold packs or wet washcloth put in the freezer for 2-3 minutes may be applied post treatment as needed for patient comfort. Limit to 10 minutes at a time on the skin. Acetaminophen, ibuprofen, or naproxen may be taken for any discomfort, every 6-8 hours for the first 24 hours.
- Treated lentigines (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 naturally flake off for best results. Picking may result in scarring.
- If significant crusting (scabs) occur beyond the normal flaking of the treated lesions, an antibiotic ointment (Polysporin or Bacitracin) or Aquaphor can be used to heal the area more quickly.
- Avoid hot tubs or swimming while redness or irritation is present typically 2 to 3 days.
- Make-up may be applied as long as the skin is not broken.
- You may use Aloe Vera lotion or your favorite moisturizer to soothe any irritated skin.
- Blistering is very uncommon. If the skin is broken or a blister appears, call the office and leave a message and apply Aquaphor or antibiotic ointment (Polysporin or Bacitracin). Also, for further protection keep the affected area covered and avoid direct sunlight while experiencing these symptoms.
- Avoid aggressive scrubbing or use of exfoliants (acid creams or retinol or tretinoin or RetinA) until after the treatment area is back to its pretreatment condition.

The recommended time interval between treatments is 2-4 weeks.

If you have any questions or concerns, please call our office at (720) 738-7770.