



## **Intense Pulsed Light (IPL) Post-Treatment Instructions**

- Immediately after treatment the skin may turn red and become swollen. You can apply a cool pack to treated site immediately after treatment to help alleviate the swelling and redness.
- During the first seven days following treatment, care should be taken to prevent trauma to the treated site.
- Any pigmented areas will darken after treatment and "flake off" over the next five to seven days.
- Blistered or ulcerated skin should be treated with an antibiotic ointment, Aquaphor and a burn treatment cream if necessary. If crusting occurs, avoid picking at it since this can cause scarring. If scabs appear after blistering, they should be kept soft with a lubricating cream. Once the scab falls off the skin may be lighter or darker. There can be a significant color difference from the unburned skin initially and it can take several months for this to resolve.
- Hydroquinone should be stopped the day of the procedure and for three days thereafter and can be applied daily as soon as any inflammation subsides.
- Moisturize with Aloe Vera gel or any light fragrance-free moisturizer, after the first 48 hours.
- Avoid using skin irritants such as Retin-A, Benzyl Peroxide, Glycolic Acid, and astringents on the treated areas until skin changes abate. Chemical peels are not recommended throughout treatment series.
- Avoid sun exposure for several weeks. Use high factor sunscreen, SPF 30 or higher. A good sun block will contain zinc oxide or titanium dioxide and will protect against both UVA and UVB rays. Tanning after treatment may cause hyperpigmentation.
- If you have a history of HSV and you were prescribed Valtrex, continue with your course of treatment.
- Fillers or other injectables should not be done within 2 weeks before/after treatment.

**Please do not hesitate to contact us with questions or concerns.**