

Intense Pulsed Light (IPL)

Post-Treatment Instructions

- Immediately after treatment, there may be redness and moderate swelling at the treatment site, which may last for up to 3 days. The treated area may feel “sunburned” for a few hours after treatment. You may use Tylenol or Ibuprofen to control any discomfort.
- Sometimes swelling develops the day after treatment. It can be minimized by sleeping on your back, antihistamines, and cool compresses.
- Makeup may be used one day after treatment unless there is epidermal blistering. NEW makeup is recommended to reduce the possibility of infection.
- Showers are permitted, but gently pat the area dry. Do not rub as the area is extremely delicate while bruising or red discoloration is present.
- Sunscreen of SPF 30 must be used continuously after treatment to reduce the chance of hyperpigmentation (darkened pigment). Use sunscreen containing zinc oxide or titanium dioxide every morning and reapply after 2 hours of continuous sun or after workouts or sweating.
- Avoid picking or scratching the treated skin.
- You may resume use of retinoids 48 hours after treatment.
- Please call our office with any questions or concerns you may have. **IMPORTANT!** If you have any unexpected complications, call the office immediately so we can address these concerns and start treatment if necessary.