



### Post Treatment Instructions For IPL (Intense Pulse Light)

- After your treatment there may be visible redness and edema swelling at the treatment site which may last up to 48 hours or longer. The redness could last up to 7 days.
- The treated area will feel similar to a sunburn for several hours after treatment.
- For IPL pigmentation treatments, you may experience a browning or darkening of the skin pigment and purplish or black tints to a dark pigment, as well as crusting of the pigmented area over a few days. This is a normal post-treatment reaction.
- Crusting will flake off in 3-7 days. Avoid picking, rubbing, scratching, or exfoliating the treated skin.
- For IPL vascular lesions (spider veins), you may experience a blanching, greying, or deep purple tinting or blackening of the lesion/s. This is a result of the tissue breaking down and being absorbed. This may last up to 7 days.
- Avoid sun exposure to reduce the chance of hyperpigmentation and other possible sun damaging effects for at least 4 days after your treatment and continue to avoid the sun during the course of all your treatments. Use a sunblock (SPF 30+) for 2 weeks after your treatment, and for best results use sunscreen daily.
- It is advised that you avoid hot baths, saunas, Jacuzzis, and pools for the first 2 days following treatment, as bacteria found in these environments could cause an infection.
- Avoid applying ice directly to the treated area. However, if you are experiencing heat or discomfort, you may use a cold compress to soothe the area.
- Moisturizer may be applied 24 hours after each treatment and should be applied regularly throughout the course of your treatments.
- Makeup may be applied after 24 hours. Do not sleep with makeup on the treated area.
- Call our office if you have severe swelling and pain, changes signs of infection.
- Excessive or severe pain is unusual, if this occurs, call our office immediately.

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