

POST TREATMENT INSTRUCTIONS
Intense Pulsed Light (IPL)

1. A mild sunburn-like sensation is expected. This usually lasts 1-2 hours but can persist up to 24 hours, individuals may vary. Mild swelling, tenderness and/or redness may accompany this.
2. Apply ice or gel packs to the treated area for 10-15 minute intervals every hour for the next four hours as needed. An oral, non-steroidal anti-inflammatory, such as acetaminophen or ibuprofen may be taken to reduce discomfort, use according to the manufacturer's instructions.
3. In rare cases, prolonged redness or blistering may occur, if this happens please call the office. Aquaphor healing ointment may be applied to the affected areas twice a day until healed.
4. Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid scrubbing, use of exfoliants, and scrub brushes until the treatment area has returned to its pre-treatment condition.
5. The pigmented lesions may initially look raised and/or darker with a reddened perimeter, this is normal. It will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black and will begin to flake off in 7-10 days. Rarely would it progress to a scab or crusting phase, if this happens, please call us.
6. Veins or vascular lesions may undergo immediate graying or blanching (turning white) or they may exhibit a slight purple or red coloring. If the treated area develops crusting or a scab, it will start to flake off in 7-14 days. The vessels will fully or partially fade in about the same amount of time.
7. Do not pick, scratch or remove any scabs. Allow them to flake off on their own. Lesions are usually healed in 7-10 days. They will continue to fade over the next 6-8 weeks after treatment. Please keep all follow up appointments and do not hesitate to call our office if you have questions or concerns.

Until the redness has completely resolved, avoid all of the following:

- Applying cosmetics to the treated area
- Swimming, hot tubs, or jacuzzi
- Excessive perspiration or irritation to the treated area
- Sun exposure to the treated areas – to prevent skin color change.