

POST-TREATMENT INSTRUCTIONS FOR IPL

Use a broad-spectrum, water-resistant sunscreen of SPF 30 or higher. Reapplying as needed will provide maximum protection to your skin during the two weeks post-treatment when it is most vulnerable to the sun's harmful rays.

Cleanse your skin with a gentle cleanser such as Cetaphil or CeraVé for 3-5 days post treatment.

Do not begin use of retinoids, retinols, alpha or beta hydroxy acid products for at least 7 days post-treatment.

Do not pick, scrub, exfoliate, or have any skin treatments done in the treatment area for at least 7 days post-treatment.

Avoid strenuous exercise, saunas, Jacuzzis and hot baths for about 48 hours post-treatment. Your skin may be temperature sensitive during this time.

Sun spots will darken approximately 3 shades after IPL treatment, which is a sign that they have responded to treatment and will soon resolve. It is of the utmost importance that you do NOT pick at these spots, as they will gradually fall off on their own. Picking could lead to scarring, which is often irreversible.

You may apply over-the-counter hydrocortisone cream for any irritation you may have.

Swelling is a potential side effect of IPL treatment. If you experience uncomfortable or intense swelling post-treatment, please contact our office for further instructions.

Oozing and blistering are NOT normal responses to IPL treatment. Please contact our office immediately should you display either of these side effects.

If you have any questions or concerns about this treatment please do not hesitate to contact our office 24 hours a day, 7 days a week at (704) 375-6766.