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## **IPL/PHOTOFACIAL/LASER AFTERCARE INSTRUCTIONS**

### **POST-TREATMENT GUIDELINES**

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours.
- Mild swelling and/or redness may accompany this, but it usually resolves in 2-3 days.
- Apply ice or gel packs to the treatment area for 10-15 minutes every hour for the next four hours, as needed.
- An oral, nonsteroidal anti-inflammatory medication, such as Advil or Motrin, may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.
- Until the treated area has resolved, it is recommended to avoid the following:
  - Applying cosmetics to treated areas.
  - Swimming, especially in pools with chemicals.
  - Hot tubs and Jacuzzis and saunas
  - Activities that cause excessive perspiration.
  - Sun exposure to treated areas. Apply an SPF 45 or greater sunscreen to prevent skin color changes.
  - Aggressive scrubbing and use of exfoliants on the treated area.
  - Bathe or shower as usual. Treated areas may be temperature-sensitive.
  - Do not pick, remove, or pull at scabs as scarring may occur.

### **IF VASCULAR LESION (BLOOD VESSELS) WERE TREATED:**

- A change in vessel color or visible shrinking of the vessel with minimal reaction in the surrounding skin may be seen.
- The skin overlying the lesion may be red and raised, similar to a scratch mark.
- If blood vessels were treated, the vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red color change. The vessels will fully or partially fade in about 10-14 days.

### **IF PIGMENTED LESION (BROWN OR TAN COLORED SPOTS) WERE TREATED:**

- The lesion will eventually darken and crust. It will be naturally shed by the skin in an average of 14-21 days.
- The lesion may initially look raised and/or darker with a reddened perimeter.
- The lesion will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black.
- The lesion will progress to scabs and/or crusting and will start flaking off in an average of 7-21 days.
- **Do not pick, scratch or remove scabs.**
- The lesion is usually healed in 21-30 days. It will continue to fade over the next 6-8 weeks.
- Do not pick or pull at scabs as scarring may occur.

### **POSSIBLE SIDE EFFECTS**

- A low risk of prolonged itching, redness, and blistering.
- A very low risk of bruising, peeling, rash, lightening or darkening of skin color, removal of freckles, crusting, swelling, and infection.
- Scarring.
- Risk of incidental hair reduction or removal in the treated areas.