IPL POST TREATMENT INSTRUCTIONS

A mild sunburn-like sensation is expected. This usually lasts 1-2 hours but can persist up to 24 hours. Mild swelling, tenderness and/or redness may accompany this.

Apply ice packs or gel packs (do not apply direct ice) to the treated area for 10-15 minute intervals every hour for the next four hours as needed. A topical anti-inflammatory can be used for redness and tenderness. An oral, over the counter pain reliever, such as acetaminophen or ibuprofen may be taken to reduce discomfort.

In rare cases, prolonged redness or blistering may occur, if this happens please call our office. An antibiotic ointment may be applied to the affected areas twice a day until healed.

Shower as usual. Treated areas may be temperature-sensitive. Avoid soaking in a hot tub of water. Avoid scrubbing, use of exfoliants, scrub brushes and loofah sponges until the treatment area has returned to its pre-treatment condition.

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 it may progress to a scab or crusting phase, if this happens, please call us.

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 over the course of several weeks. Repeat treatment to veins may be required when the skin has fully recovered.

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, especially in pools with chemicals, such as chlorine
*Ocean swimming and Hot Tubs/Jacuzzis
*Excessive perspiration or irritation to the treated area
*Sun exposure to the treated areas – to prevent skin color change.

Call our office at 704.853.3330 with any questions or concerns you may have after the treatment