



IPL Post Care Instructions

After your IPL session, you will notice changes to your skin. These changes indicate that the treatment is working properly.

Common Side Effects:

- Redness - *typically resolves 2-5 hours post treatment - may last a few days*
- Temporary bruising - *may last up to two weeks*
- Darkened age spots or freckles - *may last for three to seven days*
- Crusting or Blistering - *may take 5-14 days to heal*
- Swelling - *cool compress can be applied to reduce swelling (avoid direct ice)*

Aftercare To-Do's

- **DO** apply a sunscreen with a minimum of 30 SPF. This protects your skin from UVB and UVA rays.
- **DO** cleanse your skin twice a day with a gentle cleanser using warm water.
- **DO** keep your skin moist at all times using a gentle moisturizer.

What to Avoid:

- **DO NOT** take hot showers, hot baths, or hot tubs for a minimum of 48 hours.
- **DO NOT** exfoliate your skin with retinols, alpha-hydroxy acids, glycolic acid for 7 days.
- **DO NOT** pick any crusting or blisters.
- **DO NOT** do any strenuous exercise for 48 hrs.
- **DO NOT** use any direct sunlight or artificial light (tanning bed) for 30 days.

Any large amount of pain, swelling, or bruising is extremely rare. If you experience any of this, please call the office immediately!

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