



Post-Operative Intense Pulsed Light (IPL) Treatment Instructions

1. Immediately post treatment apply ice packs at intervals of 15 minutes every hour, Aloe Vera gel, or a mild over the counter Hydrocortisone cream on unopened skin to help minimize redness and swelling, and provide comfort.
2. A mild to moderate sunburn-like sensation is anticipated. This usually resolves within 2-24 hours after treatment but may persist up to 72 hours.
3. Bathe or shower as usual. Treated areas may be temperature sensitive. Cool showers or baths may offer relief.
4. Avoid aggressive scrubbing and use of exfoliants, scrub brushes, and loofa sponges until treatment area has returned to its pretreatment condition. No saunas for 3 days.
5. Avoid sun exposure, tanning beds, and self-tanning creams to treated areas. Apply a sun block with SPF 30 or greater daily to sun-exposed, unopened skin between treatments and for 2-4 weeks after treatment.
6. Until redness has completely resolved (usually 2-3 days), avoid all of the following:
 - Applying cosmetics on or near treated areas
 - Swimming, especially in pools with chemicals/chlorine
 - Hot tubs and Jacuzzis
 - Activities that cause excessive perspiration

1. If the treated area blisters use a topical antibiotic ointment and cover with a sterile dressing twice a day.
2. Do not pick or attempt to remove scabs or crusts that form following your treatment as this may incur infection and may lead to scarring. Apply a thin film of antibiotic ointment twice a day to treated areas. The scaling or crusting will fall off naturally in one to three weeks.
3. Use a non-steroidal anti-inflammatory medication such as Motrin, Aspirin, etc. to help reduce discomfort and swelling.

Pigmented Lesions may initially look raised and-or darker with a reddened perimeter. The lesion will gradually darken over the next 24-48 hours turning brown or even black. The lesion will progress to scabs/crusting and will start flaking off in 7-14 days, do not pick, scratch, or remove them.