

Dual (IPL + 1540) Post-Care Instructions

These pre-and post-care instructions are intended to guide you through the treatment process and get you on your way to naturally beautiful skin!

Post-Care Instructions:

- **Immediately After Treatment.** We recommend *Alastin Skin Nectar* to speed healing, followed by a gentle moisturizer. Use of icepacks helps alleviate the warm sensation.
- If needed, oral pain relievers, i.e., Extra Strength Tylenol or Advil, may be used.
- If an anti-viral was prescribed, continue to take as directed.
- Avoid scratching and itching, as scarring and pigmentation complications can occur. Itching can be relieved by oral Benadryl but can cause drowsiness.
- **Cleansing:** Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. When showering, avoid hot water on the treated area or getting shampoo directly on the treated area. DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.
- **Moisturizer:** Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your provider (eg. essential oils, coconut oil, etc).
- **Skin Care Products, Scrubs, Toners, Glycolic Acid, and Retin A.** Your skin will be sensitive for the first 2 weeks or so after treatment. Do not use products that will cause irritation during this time such as exfoliants or Retin A, shaving, too hot or too chilly water and swimming pools and spas with multiple chemicals/chlorine. If no blistering occurs within the first 24 hours, you may apply make-up one day post-treatment
- **Sunscreen.** Sunscreen is a MUST and should be used daily at the beginning of the day of treatment and used consistently. Use sunscreen with Broadband UVA and UVB protection and a SPF of at least 30. Ensure to reapply during sun exposure. DO NOT expose your skin to direct sun exposure for 14 days (about 2 weeks). The treated area is more prone to sunburn and pigmentation change. Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation, and hypopigmentation.
- **Sleep** with 1-2 extra pillows at night to keep head raised for the first 2 nights.
- **Avoid** alcoholic beverages and high sodium foods/drinks for 24 hours and strenuous exercise and sweat until after skin has healed.
- **Avoid** scratching, rubbing the treated skin – do not put adhesive dressings over treated areas.
- You may shave 3 days post-treatment but remember to be gentle.

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What products to use after treatment:

- **Cleanser:** Gentle cleanser such as IS Clinical Cleansing Complex or ELTAMD Foaming Cleanser
- **Alastin Skin Nectar** to decrease inflammation and boost the results of laser treatment
- **Moisturizers:** Gentle moisturizer such as SkinMedica Replenish Hydrating Cream or IS Clinical SHEALD.
- **Sunscreens:** At least an SPF 30+ offering broadband protection such as SkinMedica Daily Defense, Alastin Tinted Sunscreen, or ELTAMD UV Clear.

Remember, it takes a series of 3-5+ treatments to see the results of your newly rejuvenated skin from laser treatments.

There may be some degree of swelling immediately post-treatment, however if you experience excessive swelling or any of the following signs of infection, you should contact us immediately.

Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever
- Extreme itching

If blistering develops in the treated area, notify the clinic ASAP and we will arrange for you to be seen in the office within the next business day. Apply a thin layer of Polysporin/Vaseline ointment. Re-apply as needed to keep the area from drying out (at least 4 times daily).