

IPL Laser Post-Care Instructions

What you may feel and look like:

- Immediately after the treatment, you will experience slight to moderate redness of the skin. The redness will dissipate over time lasting anywhere from a few hours to 24 hours after treatment.
- You may notice darkening of your pigmented spots, followed by fading and flaking off at a later stage.
- Follow your clinician's aftercare plan until skin is completely healed – typically one-two weeks after the treatment. The skin on your body might take longer to heal, compared to your face.
- There is little downtime after this non-invasive and gentle procedure. In most cases, you are able to apply make-up, return to work and resume most of your activities immediately. However, if red lesions are targeted (veins, rosacea) some swelling is expected. To minimize this sleep with 2 pillows the night of treated.
- Avoid salt and alcohol intake.
- To maximize the reduction of redness and spider veins from your treatment, avoid anything that makes you flush or blush for 72 hours (about 3 days).
- Avoid strenuous exercise for 48 hours (this includes hot yoga)
- Avoid alcoholic beverages and high sodium foods/drinks for 24 hours.
- Showers can be taken, but please try to avoid hot water and direct shower spray to the treatment area for 48-72 hours (about 3 days) following treatment. Avoid all saunas and hot tubs.

How to Care for Your Skin after Treatment:

- 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 the skin appears red or swollen (sunburn sensation), an icepack can provide comfort, same as Vitamin E or Aloe Vera applied to the treatment area. If needed, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used.
- While the skin is healing, avoid anything that will irritate the skin, such as exfoliants, shaving, too hot or too cold water and swimming pools and spas with multiple chemicals/chlorine.
- Cleansing: Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser. Use your hands and fingertips to cleanse using gentle patting motions. DO NOT rub, scrub, use an exfoliant soap or skin care brush, e.g. Clarisonic in the treated area
- Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry.
- 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. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A.
- Sunscreen. Sunscreen is a MUST and should be used daily beginning 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. The treated area is more prone to sunburn and pigmentation change.

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What products to use after IPL Laser Treatment:

- Cleanser: Gentle cleanser such *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 Moisturizer or IS Clinicals Sheild
- Sunscreens: At least an SPF 30+ offering broadband protection such as; *Alastin SkinTint SPF36 Sunscreen*, or *ELTAMD UV Clear*.
- If blistering develops in the treated area, notify the clinic that day and we will arrange for you to be seen in the office ASAP. Apply a thin layer of Polysporin/Vaseline ointment. Re-apply as needed to keep the area from drying out (at least 4 times daily). Keep the affected area moist and avoid direct sunlight.
- Remember, it takes a series of 3-5+ treatments to see the results of your newly rejuvenated skin from laser treatments.