

## Post IPL - Photo Rejuvenation Treatment Instructions

Intense Pulse Light (IPL) treats distended capillaries, diffused redness, visible vessels (red or blue), Rosacea, hyper-pigmentation (uneven pigment, sun damage, hormone change).

A mild sunburn like sensation is expected. This usually lasts 2 to 24 hours, but can persist up to 72 hours. Mild to moderate swelling and /or redness may accompany this, which usually resolves in 2 to 3 days. Occasionally, prolonged redness or blistering may occur. Elevate head at night to relieve swelling. Cold gel packs or a cool ice compress may be applied to the treatment area for 10 to 15 minutes every 2 to 4 hours, as needed, and will reduce discomfort and heat sensation. You may apply 1% hydrocortisone over the counter as needed for inflammation. You may take Ibuprofen (Advil) or naproxen (Aleve) if necessary, only after treatment is complete. Avoid foods that are high in sodium for a few days as this can increase swelling.

The vessels undergo immediate graying or blanching. In some cases, only a slight purplish color can appear. Vessels fully or partially resolve in about 10 to 14 days. Facial flushing gradually fades over time.

Pigmented areas can appear to be darker after treatment is done. As your skin cells shed over the next 7 to 14 days, this pigment will lighten. You can cover the pigment the next days with makeup.

When bathing or showering, clean the areas very gently with a mild cleanser and cool water. Avoid excessive scrubbing or exfoliants.

Discontinue topical Retin A, Renova, Differin, Tazorac, and any product containing retinol, alpha hydroxy acids, beta hydroxyl acids, or benzoyl peroxide 5 to 7 days before treatment and after treatment.

Avoid waxing, electrolysis, depilatory creams, laser hair removal and chemical peel in treatment areas 1 week before and after IPL. All peeling and redness should be subsided by the day of treatment.

Take anti viral medication (Valtrex, Acyclovir) as prescribed, if there is a known history of fever blisters in the treated area, as laser / IPL and heat can reactivate the herpes virus.

Procedures, including Fractional 1540, cosmetic fillers, and botox may be performed 2 weeks before and 2 weeks after IPL.

Avoid sun exposure and tanning beds on all areas being treated, especially in between treatments. Apply a sunscreen with UVA and UVB protection of SPF 30 or greater daily to sun-exposed skin. When sun exposure is unavoidable, reapply sunscreen every 2 to 3 hours.

Avoid the use of self-tanners for 2 weeks prior to your next treatment.

Repeat treatments may be performed every 2 to 4 weeks if the skin has fully recovered, for optimal results.

### FOR THE NEXT 2-3 DAY RECOVERY

Avoid hot showers, saunas, and hot tubs. Do not go swimming in chemical treated pools, and do not do any exercise that would cause excessive perspiration. Do not exfoliate skin or use buff puffs.

**Call Carolina Aesthetics at 864-233-8088 immediately if a blister occurs.** Keep unpetroleum jelly, Aquaphor, or Vaseline on the area until the blister subsides.

