



Intense Pulse Light (IPL)

Possible temporary side effects:

- ✦ Redness lasts for two to five days
- ✦ Bruising may last up to two weeks
- ✦ Darkened age spots or freckles last for three to seven days
- ✦ Crusting may last up to 10 days
- ✦ Sunburn and redness persist two to five hours after treatment

Essential tips on what to do after treatment:

- ✦ Avoid direct sun exposure and wear daily sunscreen of SPF 30. Treated skin will be sensitive to the sun after an IPL treatment, which could result in a painful sunburn. It is recommended to cover up and wear a large-brimmed hat for at least a week after each session.
- ✦ Patients must keep their skin moisturized at all times. As the skin heals from an IPL treatment, it will start to dry out and peel a little. Apply a thick moisturizing cream in the morning and at night. Makeup can be worn 24 – 48 hours after treatment, as long as it is applied and removed gently.
- ✦ Use a gentle cleanser with warm water at least twice a day during the healing process. Patients should also avoid skin care products that contain benzoyl peroxide, Retin-A, Retinol, or glycolic acids.
- ✦ Do not scratch or pick at blemishes that will surface. Allow them to heal and naturally flake off.
- ✦ Avoid strenuous exercising, hot baths, showers, or hot tubs for at least 48 hours. Overheating the skin in the first 24 – 48 hours can alter the final results.