

**530-222-3678**

# POST-IPL INSTRUCTIONS

1. **Makeup can be applied immediately post procedure as long as the skin is not broken.**
2. **The typical down-time for an IPL is 7-10 days for the face, & up to 3 weeks for the neck & body. By down time, we are referring to the time it takes for the dark pigmentation on the skin surface to be reabsorbed by the immune system.**
3. **You may take over the counter pain or anti-inflammatory (NSAID) medications post procedure for any residual discomfort (unusual): Ibuprofen (Motrin, Advil), Naproxen (Aleve), or Tylenol (not an NSAID).**
4. **Swelling can occur,** particularly under & around the eyes. It is difficult to predict who will swell & who will not. If you note even mild swelling after the procedure we recommend:
5. **Ice the area for 20 minutes on & minimum of 40 minutes off.**
6. **DO NOT ice longer than 20 minutes at a time as this will reverse blood flow & cause more inflammation, swelling, & pain.**
7. **We recommend purchasing our re-freezable gel face mask for $20 (normally retails for $80 elsewhere).**
8. **Sleeping with your head elevated (2 pillows will work) can reduce overnight swelling.**
9. **Facial veins will be red & may have mild swelling. This should resolve in 7-14 days.**
10. **To avoid post procedure dilation of blood vessels, which decreases the effectiveness of the treatment, avoid hot tubs, hot showers, icing over 20 minutes at a time, & exercise for the next 24 hours.**
11. **Quick, cool showers are recommended post procedure for 1-2 days.**
12. **DO NOT use Retin-A, Renova, or other retinoid containing products; Glycolic Acid; Salicylic Acid, or any other types of acids on the skin for at least 5-7 days post IPL.**
13. **Exfoliation can cause serious side effects (raw and burning skin) :**
14. No exfoliation or washing with a wash cloth for at least 5-7 days post IPL.
15. Use only a very gentle face wash.
16. No rubbing or scrubbing of the face as this can cause scarring of the very sensitive post-laser skin.
17. **Post procedure sun exposure is directly related to side effects:**
18. Sun exposure must be minimized for 2 weeks prior & 8 weeks after treatment. Application of sun block immediately after treatment is mandatory.
19. **Protect the treated area with a sunscreen of a least SPF 50 every morning for the next 8 weeks to prevent sun induced brown discoloration of the skin** (called post inflammatory hyperpigmentation).
20. A wide brimmed hat (preferably made with sunscreen treated material) is ideal to aid in sun protection of the face for at least 6 weeks after treatment(s). Baseball caps to not provide full face protection.
21. We recommend sunscreen be worn on all exposed skin DAILY year-round to extend laser results & minimize the effects of UVA/UVB rays on the skin.

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