



AESTHETIC FACIAL PLASTIC SURGERY PLLC
DR. PHILIP YOUNG, MD

POST-TREATMENT INSTRUCTIONS

FOR IPL TREATMENTS

General

- A mild sunburn-like sensation is expected. This usually lasts **2 to 24** hours but can persist up to **72 hours**.
- A mild swelling and/or redness may accompany this, but usually resolved in **2 to 3 days**.
- Apply ice or cold packs to the treatment area for the 10 to 15 min every hour for the next 4 hours, as needed. An oral, non-steroid anti-inflammatory, such as acetaminophen may be taken to reduce discomfort. Use according to manufacturer's recommendations.
- In some cases, prolonged redness or blistering may occur. An antibiotic ointment may be applied to the affected areas twice a day until healed.
- Bathe or shower as usual. Treated areas may be temperature sensitive.

Until redness has completely resolved, avoid all of the following:

- Applying cosmetics to treated areas.
- Swimming, especially in pools with chemicals, such as chlorine.
- Hot tubs and Jacuzzis
- Activities that cause excessive perspiration.
- It is imperative to use a sunscreen/sunblock with SPF 20 or higher and avoid direct sun exposure for at least a week
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have electrolysis, facial waxing and/or depilatories for approximately 14 days after.
- It is recommended that other topical, over-the-counter medications or alpha hydroxy acid products **not** be applied to the skin **7 days** post procedure, as they may cause irritation.

For Pigmented Lesion

- The lesion may initially look raised and/or darker with a reddened perimeter
- The lesion will gradually turn darker over the next 24 to 48 hours. It may turn dark brown or even black.
- The lesion can progress to scabs/crusting and will start flaking off in 7 to 14 days. Do not pick, scratch or remove scabs.
- The lesion is usually healed in 21 to 30 days. It will continue to fade over the next 6-8 weeks.

For Vascular Lesion Treatment

The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red coloring. The vessels will fully or partially fade in about 10-14 days. Do not pick, scratch or remove scabs.