



IPL Intense Pulsed Light/Complexion & Acne

Post-Treatment Care

Your skin has undergone a controlled restorative treatment and will need gentle support while healing.

Following these guidelines will optimize your results and minimize risks.

✓ DO

Days 0-2

1. **Minimize discomfort.** Apply cool compresses 2 hours post-treatment and take Tylenol as needed.
- 2.
3. **Cleanse twice daily.** After washing hands, clean treatment area with a mild, gentle cleanser such as Cetaphil. Gently pat dry with a clean, soft washcloth.
4. **Keep skin moist.** Reapply the occlusive ointment recommended by your clinician as needed to keep the skin moist until the surface level has healed.
5. **Apply Zinc-based sunblock**
6. **Avoid Active products** like retinol, AHA/BHA for seven days.

✗ DO NOT

1. **Do not take Advil** or other anti-inflammatory pain medications
2. **Do not apply any other skincare products** unless instructed by your provider
3. **Do not expose skin to direct sunlight.** Continue to avoid direct sun exposure for the next 4 weeks, for best results up to 6 months. Skin will be more sensitive to the sun.

Contact Us if you Experience

- ! Excessive Swelling
- ! Blistering
- ! Signs of Infection
- ! Severe pain not relieved with recommended care

Please note:

Healing rates vary by individual. If you have any questions or concerns please contact our office.



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