DŌCERĒ
MEDICAL SPA & LASER CENTER

POST-INSTRUCTIONS
IPL Post Treatment

- Simple skin care will expedite your healing, decreasing post treatment redness or discomfort. Below are our recommendations for after treatment care. It is important to keep skin moist, avoid sun exposure and use a high SPF sunblock. Following IPL treatment for pigmented lesions, vascular lesions or skin rejuvenation:

- You will be experiencing redness and warmth similar to sunburn or windburn. Your color may appear red and blotchy for as little as fifteen minutes or for as long as 24 hours. Photo-facial lesions may initially look raised and/or darker with a reddened perimeter. The lesion will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black. The lesion is usually healed in 7-10 days. It may continue to fade over the next 2-4 weeks.

- Immediately after treatment, apply moisturizing products with a high SPF and antioxidants such as O.M.G. serum (Sircuit) and Tropical Vanilla Sun Cream (Eminence) and continue this regimen on a frequent basis

- Gently misting water over the treated area, cool compresses or ice may be applied for fifteen minutes of every hour until symptoms subside, if desired.

- Make up may be worn as soon as redness resolves

- Bathe/shower with cool to warm water only for the first two days after IPL treatment. Do not use hot water or "soak" in the tub. Avoid saunas and Jacuzzis for 48 hours. Treated areas may be temperature sensitive.

- Do not pick, scratch or remove scabs. This will prevent the chance of infection and scarring.

- Use a gentle, nonabrasive cleanser that is free of artificial fragrance, detergent, color and oil, such as Rose Hip Seed Cleanser (Docere) or Xtrap (Sircuit).

- Avoid aspirin and anti-inflammatory medications such as Advil, Motrin, Ibuprofen, etc. These products should be avoided for a few days both before and after treatments. Tylenol may be used, if desired.

- Sun tanning, tanning beds or topical tanning agents should be avoided for one month before and after each IPL session.
- Your next appointment will need to be postponed if recent tanning occurs or if you obtain a significant tan.

- Strenuous exercise and contact sports should be avoided for a few days. If your IPL treatment was for vascular lesions or general redness, then you should avoid these types of activities for at least two weeks and you should limit your intake of alcohol.

- Avoid using skin irritants (retin-A, benzyl peroxide, glycolic acid, chemical peels) for two weeks post treatment and for two weeks prior to subsequent treatments

- If blisters or open areas occur, allow them to heal spontancously. If healing is delayed, apply silvadene cream. Do not apply petroleum-based products such as Neosporin.

General Information:

- IPL Treatments are typically performed at a minimal interval of every four weeks to ensure proper healing between treatments.
- Avoid sun exposure before and after treatments as you will be more prone to sunburn. Tanning your skin will cause your appointment to be postponed for four weeks.
- If any products that you apply, or chemical that you come in contact with, burns or stings rinse off immediately with cool water and discontinue use of that product.