

POST-TREATMENT FOR PALOMAR INTENSE PULSE TREATMENTS (IPL)

- A mild sunburn-like sensation is expected. This usually lasts 2 to 24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this and usually resolves in 2 to 3 days. In rare cases, prolonged redness or blistering may occur. Gently cleanse and apply an antibiotic ointment if needed.
- Any lesion(s) treated may initially look raised and/or darker with a reddened perimeter. In the first 4 hours after treatment, apply cool compresses or ice packs to the treat areas for 10 to 15 minutes every hour to reduce discomfort and heat sensation. If a full facial treatment is required, sleep with your head elevated for 1 to 2 nights to minimize the possibility of swelling.
- Pigmented lesions will gradually turn darker over the next 24 to 48 hours. They may turn dark brown or even black and will progress to a scab or crust. These will start to flake off in 2 to 3 days. Do not pick, scratch or remove these crusts. This will prevent impaired healing.
- Treatment for vascular lesions will cause the vessels to immediately turn gray or blanch. In some cases, only a slight purplish color change will be noted. The vessels either partially or fully resolve in about 10 to 14 days. If the area treated had extensive flushing, the redness will gradually fade leaving the skin with a normal appearance.
- Avoid sun exposure to treated areas. Apply a sunscreen with an SPF 30 or greater daily to sun-exposed skin for the duration of treatment and continue for 4 to 6 weeks after treatments are complete.
- **If you received photodynamic therapy with your IPL treatment, you must avoid exposure to natural and synthetic light for 48 hours after treatment. You must apply sunscreen to the treated area and wear sun protective clothing or a hat to prevent sun exposure.**
- A steroid cream may be applied with your IPL treatment. Reapply this cream twice more on the day of treatment and possibly longer if you are instructed to do so.
- Until redness had completely resolved, usually 2 to 3 days, avoid the following:
 - Applying cosmetics on or near the treated area
 - Swimming, especially in pools with chemicals
 - Hot tubs or Jacuzzis
 - Activities that cause excessive perspiration