

## IPL Post-Care

What to Expect after:

- Swelling
- Redness
- Burning
- Brown spots to turn darker

Swelling is expected within 24-72 hours. Swelling under the eyes WILL occur, and is normal:

- Apply cold compresses or ice packs to treated areas for 15 minutes every hour for the first two days.
- Sleep with the treated areas elevated above your heart.
- If taking Prednisone: take 4 pills on the 1<sup>st</sup> day, 3 pills the 2<sup>nd</sup> day, 2 pills the 3<sup>rd</sup> day, and 1 pill the 4<sup>th</sup> day
- If taking Acyclovir: take 1 pill in office after treatment, take 1 pill in the afternoon, and take 1 pill at night. Repeat tomorrow to complete dose.

Pain/Soreness is possible:

- Take Advil or Ibuprofen every four hours to relieve any symptoms.

Sun exposure guidelines:

- Apply plenty of sunscreen with SPF 50+ several times a day and avoid large amounts of sun exposure if at all possible to prevent discoloration of treated areas.
- If sun exposure is necessary, wear clothing that covers the treated area.

Skincare:

- Use of a gentle moisturizer at least twice a day is recommended to promote healing of the treated areas.
- Medicated skincare products, harsh cleansers, exfoliants, and toners should be avoided until the treated areas heal. Do not use retinoids, retinols, acne creams, etc. for two weeks. Skin irritation will cause scarring.
- Makeup can be used after the procedure without any restrictions.
- Should treated areas become crusted or flaky, it is extremely important that these areas are not picked in order to prevent scarring.
- It is normal for brown spots to darken in color before flaking off.

Please follow-up with your provider two weeks after your procedure. If you need multiple procedures, they can be performed one month apart.

If you have any questions or concerns after your procedure, please contact our office at (703) 356-5111.