



## IPL Laser Post Care

### WHAT TO AVOID

- Avoid sun exposure on the treated area for 1-2 months following the treatment. Use a broad spectrum sunscreen of at least SPF 30 or higher at all times, reapply every 2 hours. Sun exposure after treatment may enhance melanin regeneration, which may result in hyperpigmentation or other side effects.
- Avoid hot baths or showers for 48 hours following treatment.
- Avoid exercise or other strenuous activity for 48 hours post treatment.
- No harsh cleansers, or other chemicals on the treated area for 48 hours post treatment.
- We recommend you avoid air travel for 24 hours after treatment.

### POST PROCEDURE

- Apply a gentle moisturizer immediately after treatment.
- Use a mild cleanser, such as Cetaphil or Dove, and a mild moisturizer after treatment for a few days before resuming your normal skincare routine. Gentle cleansers and moisturizers are available for purchase if desired! Simply ask your provider what products they recommend post treatment.
- Following treatment, your skin may feel like it has a slight sunburn. You may experience redness and swelling, and some discomfort of the treated areas for several hours or up to 3 days post treatment. You may ice the area; 10 minutes on, 10 minutes off; as needed for comfort and to relieve swelling.
- You may experience some purplish spots or patches on treated areas, which would be expected to resolve within several days.
- If you experience itching after SRA treatment, you may use over the counter topical hydrocortisone cream.
- If desired, you may use makeup on the treated area, as long as the skin is not broken, blistered, or irritated.
- Rarely, a small blister or scab may form. If this occurs, call our office (317) 855-9100. While waiting for our reply, gently wash the area and apply antibiotic ointment (Bacitracin, Polysporin, ect.) to the area unless you are allergic to these medications. Avoid sun exposure. Allow healing naturally, without irritation. Do not try to remove any scabbing.

## Products to Boost your Results

Ask your provider about these products to enhance today's treatment results!

Product	Benefit
Skinceuticals C E Ferulic	Reduces post laser redness, swelling, and downtime. Increases skin's firmness and reduces appearance of fine lines and wrinkles.
Skinceuticals Metacell Renewal B2	Significantly increased hydration to skin, and strengthens the skin barrier after laser. Can be used immediately after treatment.
Skinceuticals Phyto Corrective Masque	Reduces redness and discomfort post treatment. Lowers skin temperature.
Skinceuticals Soothing Cleanser	Gentle cleanser that can be used day of procedure to soothe treated skin.

### Questions?

*Give us a call at (317) 855-9100 or text us at (463) 223-8706*