

IPL (Intense Pulsed Light)

What to Expect During and After Your Procedure

During your procedure:

- Your eyes will be protected.
- Cold gel will be applied to the surface of the area being treated.
- Cold air will be applied directly to the skin surface as treatment is being performed to help decrease sensation of heat and to protect the surface layer of your skin.
- You will feel the sensation of heat (similar to a rubber band “snapping” against your skin).

After your procedure:

- You will feel a sensation of heat/sunburn that will subside within a few minutes. It is okay to take Tylenol or Ibuprofen.
- Redness and mild swelling may occur and last for a few hours.
- It is possible that you develop darkening/superficial crusting of brown spots (similar to coffee grounds) for 3-7 days.
- Apply sunscreen with Zinc Oxide and/or Titanium Dioxide daily. Protect the treated area from the sun (use a hat, sunglasses, sunscreen, etc.). Please be aware UVA rays penetrate through windows.
- Swelling can vary from patient to patient. Some patients may not experience swelling and some may have marked swelling.
- If it's necessary, apply ice packs the day of the procedure. This will help reduce the sensation of heat and help minimize swelling.
- Swelling typically peaks at 12 hours. If your treatment is being performed on your face, sleeping with your head slightly elevated at night for the first night will help minimize swelling.
- NO RUBBING, PICKING OR WIPING THE TREATED AREA.
- It is okay to shower the day of procedure.
- Gentle cleansing with the finger tips is fine.
- If darkening of treatment area occurs, this will slough off naturally after 5-7 days.

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- You can wear make-up (unless instructed otherwise by your physician) as long as you are not rubbing, picking or wiping off surface of skin when applying or removing make-up.
- It is unlikely you will develop a blister in the treated area but if you do, please contact our office.

Please contact our office if you have any questions or concerns at (858) 657-1002.