

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

After your procedure:

- A sensation of heat in the treated area will subside within a few minutes.
- Redness may occur and last for a few hours.
- Swelling can vary from patient to patient. Some patients may not experience swelling & some may have marked swelling. If needed, application of ice packs (10 min. on and 10 min. off) will help minimize swelling.
- Expect darkening/superficial crusting of brown spots (like coffee grounds) for 3-7 days.
- If darkening of treatment area occurs, this will slough off naturally after 5-7 days. **NO RUBBING, PICKING OR WIPING THE TREATMENT AREA.**
- Apply sunscreen with Zinc Oxide and/or Titanium Dioxide daily. Protect treated area from the sun (hat, sunglasses, sunscreen, etc.). Reapply sunscreen every 2 hours.
- It is OK to shower the day of the procedure.
- Gentle cleansing is fine. Avoid using a skin cleansing brush or anything abrasive for first 7 days after treatment.
- All other skin care products are OK (unless instructed otherwise by your Physician).
- You can wear make-up (unless instructed otherwise by your Physician) if you are not rubbing, picking, or wiping off the surface of your skin when applying or removing make-up.
- Follow any additional post treatment instructions given by your Physician.
- A series of treatments may be recommended to achieve desired results.

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

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____
