

Treatment with IPL

What to do before your appointment:

- Arrive a few minutes prior to your scheduled appointment time.
- Avoid sunlight in the treatment area. It is recommended to keep your skin as pale as possible. Avoid tanning 4 weeks prior to and 4 weeks after your treatment. We do not recommend treating tanned skin as side effect may occur.
- Remove all make-up and cosmetics.
- If you are very pain sensitive, discuss this with your practitioner prior to your treatment.

What to expect during and immediately after:

- The IPL feels like a hot, bright rubber band snapping against the skin.
- You may experience temporary swelling or burning sensation at the treatment site.
- You may experience temporary darkening of the skin at the site of prior sun spots.
- A scab or a crust may form in the area immediately after treatment.
- Bruising may or may not occur and will usually clear in 3-10days. Make-up can be applied immediately after the procedure.
- A temporary lightening or darkening of the treated skin may occur.
- If you are on daily aspirin, iron supplementation, anticoagulants, or herbal supplements (ginko, garlic, ginseng) you may bruise more easily.

What you should do after treatment:

- The treated skin should be handled gently for 7 days. Cleanse with a mild soap or water daily. Gently pat dry. We are happy to provide product recommendations.
- Moisturize with a gentle moisturizer twice per day.
- Do not use exfoliators, scrubs, retinols, Retin-A, acid-based products (alpha hydroxy acids, glycolic acids, salicylic acids, and lactic acids) in treated areas for two weeks.
- If you have significant discomfort and redness in the area you may use cool compresses intermittently. You may take Tylenol for pain.
- If a scab or crust forms, do not pick it, apply a topical over the counter antibiotic ointment (Bacitracin, Polysporin, Triple antibiotic ointment) or Aquaphor ointment twice per day.
- Avoid direct sunlight to the treated area for four weeks.
- Apply sunscreen of at least SPF 30 regularly if you will be out in sun.
- Arrange a follow appointment to check healing four weeks from treatment.

What you should avoid for four days after therapy:

- High impact exercise, yoga or weight lifting
- Alcoholic beverages
- Very hot showers
- Steam rooms, saunas, baths

*If you have any questions, please don't hesitate to call:
212-675-0549*

