



## Manhattan Beach Dermatology

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### **INTENSE PULSED LIGHT (IPL) AND LASER AFTERCARE INSTRUCTIONS:**

Laser therapy and IPL photorejuvenation are generally regarded as “minimal downtime” treatments. However, some patients may experience some temporary after effects. Keep in mind that a strong reaction means better results ultimately as long as these instructions are followed:

1. Redness and minor swelling may occur immediately after treatment and can last from a few hours to a few days depending on your skin’s sensitivity. Ice packs wrapped in a wash cloth, cold water compresses, and aloe vera gel can be applied to ease temporary discomfort.
2. Temporary dark crusting can occur and will resolve in 7 to 10 days. You will notice that brown spots on your face will appear lighter as the dark crusts disappear. You can use a loofa sponge after 7 days to try to exfoliate the pigment. Apply SPF 30 sunscreen containing moisturizer (e.g. Elta MD Facial 30 available for purchase in our office) in the morning and moisturizer at night. Wash gently with only mild cleansers such as Cetaphil. Usually there will be less crusting after each additional treatment.
3. If bruising occurs, apply ice to the area to minimize. Bruising will resolve in 7 to 10 days. Patients taking ibuprofen or aspirin are more likely to bruise. Patients should AVOID: strenuous activities, baths, saunas, steam rooms, hot showers, alcohol, sun, new skincare products, Retin A, Differin, Tazorac, alpha hydroxy acid lotions, vitamin E, aspirin, ibuprofen and fish oil.
4. Make up can be applied the following day after your treatment. Apply SPF 30 sunscreen containing moisturizer before applying makeup.
5. Sun exposure must be avoided while undergoing your series of treatments. If you must be outdoors, wear a broad brimmed hat and reapply waterproof, sweatproof sunscreen (e.g., Elta Sport 50) hourly. Be advised that sun exposure may cause pigmentation to recur.
6. If the skin is raw or a blister appears, apply aquaphor ointment to prevent scabbing and notify our staff. Do not pick any scabs that may form.