



Manhattan Beach Dermatology

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VBEAM OR IPL WITH LEVULAN (PHOTODYNAMIC THERAPY) AFTERCARE INSTRUCTIONS:

The IPL photorejuvenation treatment with levulan is often called a “power IPL” as you will see more dramatic improvement in your skin than with a normal IPL treatment. The IPL is usually selected to activate the Levulan in those with brown spots needing improvement, whereas the Vbeam is selected for those with more red tones on their skin. Prior to the treatment, your skin will be cleansed with acetone. Next, a light-sensitizing chemical called levulan is applied to the skin and left on for one to two hours. Topical numbing cream and a cool clear gel are applied to the skin prior to the application of the intense pulsed light or Vbeam laser. After the treatment, the chemicals will be thoroughly washed off the skin and sunscreen applied. Bring a hat to wear that day.

1. Redness and minor swelling will occur immediately after treatment and can last for 5-7 days. Use ice packs wrapped in wash cloths, cold water compresses, and aloe vera gel to ease temporary discomfort. Take Tylenol or Advil if necessary. Peeling may occur a few days later, and can be treated with aquaphor ointment and cortisone cream.
2. Temporary dark crusting can occur and will resolve in 7 to 10 days. Apply SPF 30 sunscreen containing moisturizer (e.g. Elta MD facial 30 available for purchase in our office) in the morning and aquaphor or vaseline ointment at night. Wash gently with mild cleansers such as cetaphil or CeraVe.
3. If bruising occurs, apply ice to the area to minimize. This is more likely in patients on blood thinners such as aspirin and ibuprofen. Bruising will resolve in 7 to 10 days.
4. Make up can be applied the following day after your IPL treatment with levulan. Apply SPF 30 sunscreen containing moisturizer before applying makeup.
5. No outdoor activities should be planned for 48 hours after treatment as the levulan will make you extremely sun sensitive. After the 48 hours, if you must be outdoors, wear a broad brimmed hat and reapply waterproof, sweatproof sunscreen (e.g., Elta Sport 50) hourly.