

## SUGGESTED HOMECARE REGIMEN AFTER IPL/LASER TREATMENT

### General

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours, but can persist up to 72 hours. Mild swelling and/or redness may accompany this, and usually resolves in 2-3 days.
- Apply ice or cold packs to the treatment area for 10-15 minutes every hour for the next four hours, as needed. An oral, non-steroidal anti-inflammatory, such as Tylenol may be taken to reduce discomfort. Use according to manufacturer's recommendations.
- In some cases, prolonged redness or blistering may occur. An antibiotic ointment may be applied to the affected areas twice a day until healed.
- Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid aggressive scrubbing and use of exfoliants, scrub brushes and loofa sponges until the treatment area has returned to its pre-treatment condition.
- Until redness has completely resolved, avoid all of the following:
  - Applying cosmetics to treated areas.
  - Hot tubs, Jacuzzis, Swimming, especially in pools with chemicals/ chlorine
  - Activities that cause excessive perspiration.
  - Sun exposure to treated areas. Apply an SPF-30 or greater sunscreen to prevent development of new pigmented lesions.

### For Hair Removal

- Appearance of hair growth or stubble will continue for 7-30 days post-treatment. This is not new hair growth, but the treated hairs being expelled from the skin.
- In clients with facial hirsutism who have been diagnosed with polycystic ovarian syndrome and presenting ovarian hyperandrogenism, there is a risk of paradoxical effect resulting from the activation of dormant hair follicles in untreated areas close to hirsute-treated areas.

### For Pigmented Lesion Treatment

- The lesion may initially look raised and/or darker with a reddened perimeter.
- The lesion will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black.
- The lesion will progress to scabs/crusting and will start flaking off in 7-14 days. Do not pick, scratch or remove scabs.
- The lesion is usually healed in 21-30 days. It will continue to fade over the next 6-8 weeks.

### For Vascular Lesion Treatment

- The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red coloring. The vessels will fully or partially fade in about 10-14 days. Do not pick, scratch or remove scabs.
- Repeat treatments may be performed every 7-10 days if skin has fully recovered.

### For Acne Treatment

- There may be an initial flare-up of acne, similar to the kind seen after a peel procedure or the beginning of a new topical or oral acne medication.
- Some of the blemishes may form scabs. Do not pick, scratch or remove scabs.
- The acne blemishes will fade after about 2-3 weeks.
- A 40% reduction in the number of lesions and the prevention of new lesion formation can be expected following the treatment course.