

# INTENSE PULSED LIGHT (IPL) AFTERCARE



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## WHAT DO I NEED TO DO AFTER THE TREATMENT?

In order to minimize any potential side effects, individuals who've undergone an IPL should:

- Immediately apply moisturizer and a full spectrum sunscreen of at least SPF 30 protecting against UVA and UVB rays
- Wear Full spectrum sunscreen of at least SPF 30 protecting against UVA and UVB rays, every day on the treated area for at least 30 days (failure to do so can result in complications and skin damage)
- Avoid the sun as much as possible for the duration of the treatment plan as well as the next 30 days following the final IPL treatment
- Avoid applying foundation or powder make-up immediately after the treatment session, if possible
- Not take hot baths for 48 hours following treatment (hot showers not recommended either, hot water must not touch the treated area, warm showers are fine)
- not engage in strenuous exercise that produces perspiration for 48 hours in order to avoid infection
- Not scratch or pick treated area to avoid infection
- As with pre-treatment measures, avoid using any form of Vitamin A acid for the duration of the treatment plan, including retinoic acid, glycolic acid, tretinoin (Retin A) and alpha-hydroxy acids
- As with pre-treatment measures, avoid using Accutane
- Moisturize frequently