

## POST CARE INSTRUCTIONS FOR IPL PHOTOFACIAL TREATMENT

### What to Expect After an IPL Photofacial:

Immediately following the photorejuvenation session, the treated area will be pinkish red with slight swelling. The reddish coloring will dissipate within 24 hours, typically. After the treatment, you may notice that sun spots and discoloration appear darker and more prominent. This is normal and a good sign that the treatment is working.

Over the next few days, brown spots and other blemishes will begin to surface on the skin. The spots may raise and appear as small scabs on the skin. These will naturally flake off over the following days.

### What to Do After a Photofacial Treatment

- Be sure to maintain moisture on the skin at all times. Apply a gentle moisturizer immediately following the treatment.
- Use a gentle cleanser with warm water, twice a day.
- Be consistent with sunscreen application. This may be the most important aspect of aftercare treatment. Use a true physical sunscreen with at least a 30 SPF that protects against UVA and UVB rays.

### What Not to Do After a Photofacial Treatment:

- Avoid unprotected sun exposure for at least 30 days after your IPL photorejuvenation session. The skin is especially sensitive as it heals and re-damaging the skin is possible during this time.
- If possible, do not apply makeup immediately after the treatment. It is best to give the skin 12 hours of rest before putting product on the skin.
- Do not take a hot bath, hot shower or bask in the hot tub for at least 48 hours. Warm showers are fine, but you do not want the skin to overheat while it recovers from the heat and light waves from the IPL treatment.
- Avoid strenuous activity or exercise for 48 hours after the photofacial session. Overheating the skin can hamper the positive effects of the treatment.
- Do not scratch or pick the skin during recovery. As blemishes surface, leave them be! They will flake off naturally. You do not want to create a scar where a brown spot once lived.
- Avoid any product or supplement high in Vitamin A, such as retinoic acid, glycolic acid, tretinoin (Retin-A), Accutane and alpha-hydroxy acids.
- Discontinue use of any facial scrubs or cleansing devices such as a Clarisonic for 7 days.

If you have any questions, contact our office at 919-333-4418 or email [themedspa.rpsc@gmail.com](mailto:themedspa.rpsc@gmail.com)