



Post Care for IPL Hair Removal

A mild sunburn like sensation is expected in the treated area. This usually lasts 2 to 24 hours, but can persist up to 72 hours. Mild swelling and /or redness may accompany this, which usually resolves in a few hours. Occasionally, prolonged redness or blistering may occur. Cold gel packs or a cool / ice compress may be applied to the treatment area for 10 to 15 minutes every 2 to 4 hours, as needed as this will reduce discomfort and heat sensation. You may apply 1% hydrocortisone cream (purchased over the counter) as needed for inflammation.

When bathing or showering, clean the areas very gently with a mild cleanser and cool water. Avoid excessive scrubbing or exfoliants for at least one week after treatment.

Discontinue topical Retin A, Renova, Differin, Tazorac, and any product containing retinol, alpha hydroxy acids, beta hydroxyl acids, or benzoyl peroxide 5 to 7 days before treatment and after treatment.

Avoid sun exposure and tanning beds on all areas being treated for 1 week after treatment. Apply a sunscreen with UVA and UVB protection of SPF 30 or greater daily to sun-exposed skin.

Avoid the use of self-tanners for 2 weeks prior to your next treatment.

Procedures, including Fractional 1540, cosmetic fillers, and botox may be performed in areas being treated 2 weeks before and 2 weeks after IPL. Avoid skin treatments; such as Microdermabrasion and chemical peels for 1 week before and after treatment.

Take anti viral medication (Valtrex, Acyclovir & Famvir) as prescribed, if there is a known history of fever blisters in the treated area, as laser / IPL and heat can reactivate the herpes virus.

FOR THE NEXT 2-3 DAY RECOVERY

Avoid hot showers, saunas, and hot tubs. Do not go swimming in chemical treated pools, and do not do any exercise that would cause excessive perspiration. Do not exfoliate skin or use buff puffs.

Call Carolina Aesthetics at 864-233-8088 immediately if a blister occurs. Keep unpetroleum jelly, Aquaphor, or Vaseline on the area until the blister subsides.