

IPL Aftercare Instructions

IPL, or Intense Pulsed Light, targets brown spots, redness, broken capillaries, and discoloration. Treated areas will temporarily darken and may look like coffee grounds before naturally flaking off.

Post Treatment Care:

- Redness and mild swelling are normal and usually resolve within a few hours
- Treated pigment will darken over the next several days, appearing like coffee grounds before crusting and falling off
- Do not pick or scrub the treated areas
- Keep skin clean and well moisturized using gentle products such as Cln hypochlorous wash and/or spray Cetaphil, Cerave, or Dove
- Avoid hot showers, saunas, and excessive heat for the rest of the day
- Makeup may be applied if the skin is not irritated
- Avoid strenuous exercise and sweating for 24 hours
- Avoid exfoliants, retinoids, acids, benzoyl peroxide, and other harsh products for 5 to 7 days
- Do not use self-tanner for 2 weeks

Sun Protection and SPF:

- Strict sun protection is essential after an IPL treatment. Sun exposure in the healing process can cause permanent discoloration and scarring
- Apply a broad-spectrum SPF 30 or higher containing zinc oxide and/or titanium dioxide every 1-2 hours
- Avoid direct sunlight, tanning beds, and intentional tanning for at least 2 weeks
- Wear a wide-brimmed hat and seek shade whenever possible
- Sun exposure before or after treatment can lead to complications and reduce treatment effectiveness

What to Expect:

- Redness similar to a mild sunburn
- Darkening of brown spots that fall off naturally over 1 to 2 weeks
- Improvement in redness and discoloration. If your discoloration or spot persists, another treatment may be necessary to achieve desired results.
- A series of sessions spaced several weeks apart is typically recommended

When to Contact the Office:

- Increasing redness, warmth, or tenderness
- Blistering or unexpected swelling



CLEAR SKIN
DERMATOLOGY

www.clearskinderm.com

727-248-0118 | 2454 N McMullen Booth Rd, Suite 424, Clearwater, FL 33759