

## **Post IPL Treatment Care**

### **Post Treatment Symptoms**

Immediately after treatment the skin may feel a little warm. You may apply cool compresses if it is uncomfortable. Your skin will be pink-red and may feel dry.

For a day or two after treatment, the treated area may be a little red – the medical name for this is erythema – this is a normal reaction. There may be a little localized swelling around the cheekbones or other sensitive areas. Again, this is quite natural.

Your skin contains pigment called melanin that has built up in the freckles, “age spots” or mottled pigment. The Ellipse IPL has targeted and treated this extra pigment. The treated pigment is a darker brown color than before. Following treatment, the melanin will gradually rise through the skin surface, causing the skin to look darker where the pigment was located. The melanin will be removed as part of the normal turnover of skin cells, but it may take two-three weeks before it completely disappears.

### **Optimizing the Treatment**

1. It is important that the treated area is not exposed to sunlight for at least four weeks. Use the best available sunscreen (SPF factor 30 or higher) for 4 weeks following treatment. We recommend sunscreen containing a physical block such as zinc oxide or titanium dioxide. The conditions you have been treated for are most often caused by sun exposure, so you should consider using sunscreen (again SPF 30 or higher) even after the 4 weeks have elapsed, to minimize future sun damage.
2. Avoid topical use of retinoids (Retin-A, etc.) glycolic acids, and alpha hydroxy acids for one week following your procedure.
3. You may notice that your skin feels dry. You may use your regular moisturizer or a specialized healing preparation such as Alastin Regenerating Nectar for 7 days following your procedure.
4. Avoid any activities or foods that will make your skin flush until after the redness subsides. For example, avoid hot tubs, saunas, and heavy aerobic exercise for 1-2 days.

**If you should have any questions following your procedure, please call our office 201-567-8884.**