

IPL POST TREATMENT INSTRUCTIONS

A mild sunburn-like sensation is expected after your treatment. This usually lasts 2 –24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, and is usually resolved in 2 – 3 days.

Apply ice or cold packs to the treatment area for 15 minutes every hour for the next four hours, as needed. An oral, non-steroidal anti-inflammatory, such as Advil, Ibuprofen may be taken to reduce discomfort. Use according to manufacturer's recommendations.

You have been provided with an Epionce post-care kit. Please use according to directions included in the box.

In some cases, prolonged redness or blistering may occur. Call our office if this occurs.

Avoid restrictive clothing to the treated area the day of and for 3 days following your treatment, ie: gloves, if hands are treated.

Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid aggressive scrubbing and use of exfoliants, scrubs, scrub brushes, and loofa sponges until the treatment area has returned to its pre-treatment condition.

- **Until redness has completely resolved, avoid all of the following:**
- Swimming, especially in pools with chemicals, such as chlorine
- Hot tubs and Jacuzzis
- Activities that cause excessive perspiration
- Sun exposure to treated areas. Apply a broad-spectrum sunscreen of SPF 30 or higher.
- Retin-A, Alpha hydroxy acids, glycolic acids and astringents on treated areas until healed.

***Neck, chest, and body area are slower to heal than the face.**

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