

Melbourne Dermatology Center

IPL Treatment

Intense Pulse Light is a light skin treatment for dark spots, red spots/discoloration (rosacea), small broken vessels (face and body), hair reduction, and treatment of fine lines and wrinkles as well as improving overall texture and tone of skin. Treatments are safe for up to skin type 3. The treatments are spaced 4-6 weeks apart. If being treated for a light-based hair removal, 6-8 treatments are needed for best results.

INTENSE PULSED LIGHT (IPL) PRE & POST CARE INSTRUCTIONS

Before your IPL treatment:

1. If possible, please do not wear makeup to your treatment.
2. **No sun is VERY important.** Please avoid sun exposure 2 weeks prior to your treatment (just using sunscreen is not enough, big hats and no direct sun for more than 20 min)
3. Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C, chemical peels, and microneedling one week before your treatment.
4. Do not wax or use a depilatory on treatment areas for one week prior to your treatment. Shaving is ok and necessary for hair removal treatments. Please shave within 24-48 hours of the treatment.
5. Before each treatment, please inform us if you are taking any new antibiotics or medications as they may make your skin photosensitive and therefore we may not be able to treat you for one to two weeks after completion of the treatment or medication.
6. Please inform our staff if you have a history of cold sores, or have cold sores for pre-treatment.

After your IPL treatment:

1. Following treatment your skin may feel like it has a slight sunburn. You may experience erythema (redness), edema (swelling), and some discomfort of the treated areas for several hours or up to 3 days post-treatment.
2. You may experience some purpura (purplish spots or patches) in treated areas, which would
3. If you experience itching after treatment, you may use over the counter topical hydrocortisone cream. After treatment, your skin may appear slightly reddened which subsides rather quickly. Mild swelling may occur.
4. You may use cold compresses or ice packs in 10-minute intervals, as needed for comfort and to relieve swelling. Should swelling occur, application of an ice pack (10

minutes on, 10 minutes off) multiple times in the first 24 hours will help minimize the swelling.

5. Apply a gentle moisturizer immediately after treatment. Use a mild cleanser (such as Cetaphil, Cerave, or Dove) and a mild moisturizer after the treatment for a few days before resuming your normal skin routine.

6. Avoid any irritants to your skin, such as any products containing Retin-A, tretinoin, retinol, benzoyl peroxide, glycolic & salicylic acids, astringents or Vitamin C for one week after your treatment.

7. Avoid sun exposure to the treated area for 1 to 2 months following the treatment (if not indefinitely for long lasting results). Use a broad spectrum of sunblock of at least SPF 25 or higher at all times.

8. If desired, you may use makeup on the treated area, as long as the skin is not broken, blistered, or irritated. If you do not need makeup the day of completing the treatment, wait until the next day.

9. Avoid hot baths or showers, aerobic exercise, massage, harsh cleansers, or chemicals on the treated area for 48 hours following treatment.

10. Do not wax, tweeze or use a depilatory to the treated areas for 1 week after your treatment.

11. Treated lentigines (pigmented spots) usually darken after treatment and crusting begins to form within a few days. This crusting usually resolves in 1 to 3 weeks. It should be allowed to naturally flake off.

12. If significant crusting occurs beyond the normal flaking of the treated lesions, an antibiotic ointment such as Polysporin or Bacitracin may be recommended. Allow healing naturally, without irritation. Do not try to remove any scabbing.

Please call us if you have any concerns or questions. 321-724-9650