



Lindsey Pennington, MD
F A C I A L P L A S T I C S

INTENSE PLUSE LIGHT (IPL) LASER PRE- AND POST-CARE INSTRUCTIONS

Pre-Treatment:

- Ensure no sun exposure, fake tanner or self-tanner for 2 weeks minimum prior to treatment
- Stop retinol 3 days prior to procedure

Post Care:

- Expected to feel like a mild sunburn usually for 1-2 hours, but up to 24 hours, can apply ice packs
- Topical anti-inflammatory can be used for redness and tenderness, acetaminophen or ibuprofen can be taken for discomfort
- Shower as normal, but avoid hot showers/baths, scrubbing or exfoliants until skin is healed
- Can expect dark spots to become darker, flaky, or red over 24-48 hours. Can turn dark brown and can expect to flake 7-10 days after treatment
- Vascular lesions may appear gray or white (blanching) or a slight purple or red immediately after treatment
- Do not pick or scratch any scabs, will heal in 7-10 days, and will continue to fade 6-8 weeks after treatment
- Blisters are NOT normal. If any blisters develop, please call the office immediately.

Aftercare skincare regimen:

- Cleanse – wash face with cool water and use a gentle cleanser (we recommend SkinBetter Cleansing Gel or SkinCeuticals Soothing foam wash). Do not scrub and/or use a washcloth on skin for 7-10 days.
- Moisturize – use only moisturizers recommended by your provider (our favorite is Aquaphor Ointment or Avene Cicalfate)
- Sun Protection – it is imperative that you protect the skin from the sun. Apply only a sunscreen recommended by your provider (we recommend using mineral SPF only such as TruPhysical by Revision or SkinCeuticals Physical Fusion). Do not use chemical sunscreens (oxybenzone, avobenzone, octisalate, octocrylene, homosalate and Octinoxate) until healed. AVOID DIRECT SUNLIGHT FOR AT LEAST TWO WEEKS after procedure.

After peeling process is complete:

- You may resume the regular use of Retin-A, retinol, alpha-hydroxy acids (AHA) products or lightening products ONLY after the peeling process is completed.

- You should wait until after peeling has completed before having ANY OTHER FACIAL PROCEDURES including: facials, microdermabrasion, laser treatments, facial waxing (wait at least 2 weeks), and cosmetic injections.

Retreat monthly. Recommend doing a series of 3 treatments.

Products that pair well with this procedure:

- Good SPF 30 or more
- Lightening products such as SkinCeuticals Discoloration Defense or hydroquinone
- Antioxidant serums such as SkinCeuticals Phloretin or CE Ferulic
- Retinols such as Revision DEJ night or Tretinoin if you can tolerate

Question? Please call our office or you can email your aesthetician directly:

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