

INTENSED PULSE LIGHT

POST-TREATMENT INSTRUCTIONS

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but usually resolves in 2-3 days.
- Apply ice or cold packs to the treatment area for 10-15 minutes every hour for the next four hours, as needed. An oral, non-steroidal anti-inflammatory, such as acetaminophen may be taken to reduce discomfort. Use according to manufacturer's recommendations.
- May apply 1% hydrocortisone cream to the treated areas every 12 hours for the first 48 hours, if needed.
- Treated areas may be temperature-sensitive. Cool showers or baths will offer relief.
- Moisturize with Aloe Vera or any light moisturizer.
- Avoid the use of harsh products: exfoliants, glycolic acids, loofa sponges etc.... for 5-7 days post-treatment.
- Until redness has completely resolved, avoid all of the following:
 - Applying cosmetics to treated area
 - Swimming, especially in pools with chemicals, such as chlorine
 - Hot tubs, and Jacuzzis
 - Activities that cause excessive perspiration
- In some cases, prolonged redness or blistering may occur. An antibiotic ointment may be applied to the affected areas twice a day until healed. Do not pick, scratch or remove scabs of healing areas.
- Avoid sun exposure and/or the use of tanning lamps to treated areas. Apply an SPF-30 or greater sunscreen at all times throughout the course of treatment and for up to two months following treatment to prevent development of new pigmented lesions and/or hyper or hypopigmentation.



FOR HAIR REMOVAL:

- Appearance of hair growth or stubble will continue for 7-30 days post-treatment. This is not new hair growth, but the treated hairs being expelled from the skin.

FOR PIGMENTED LESION TREATMENT:

- The lesion may initially look raised and/or darker with a reddened perimeter.
- The lesion will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black.
- The lesion will progress to scabs/crusting and will start flaking off in 7-14 days. Do not pick, scratch or remove scabs.
- The lesion is usually healed in 21-30 days. It will continue to fade over the next 6-8 weeks.

FOR VASCULAR LESION TREATMENT:

- The vessels may undergo immediate grading or blanching, or they may exhibit a slight purple or red coloring. The vessels will fully or partially fade in about 10-14 days. Do not pick, scratch or remove scabs.
- Repeat treatments may be performed every 7-10 days if skin has fully recovered

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