

## **IPL Aftercare Instructions**

Thank you for choosing us for your IPL treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

### **What to Expect:**

- Redness and mild swelling, similar to a sunburn, usually resolves within a few hours to 48 hours
- Treated pigment spots may darken and appear more pronounced before flaking or fading
- Freckles, sunspots, and pigmentation may crust or feel rough temporarily
- Mild tightness, dryness, or itching is common
- Skin clarity and tone improve gradually over the following 1–3 weeks

### **Immediately After Treatment:**

- Skin will feel warm or sensitive and may appear flushed
- Avoid touching, rubbing, or applying any products unless advised
- No makeup or sunscreen immediately after treatment (unless mineral and provider-approved)
- Avoid hot water, saunas, steam rooms, or strenuous activity

### **First 24 Hours:**

- Gently cleanse with a mild, non-active cleanser
- Moisturize with a soothing, fragrance-free product
- Avoid sun exposure, sweating, and heat
- Do not wear makeup for at least 12–24 hours or until redness subsides
- Avoid any skincare products containing active ingredients (retinol, AHA/BHA, vitamin C, etc.)

### **Ongoing Care (Days 2-14):**

- Continue gentle cleansing and moisturizing twice a day
- Wear SPF 30+ daily — avoid direct sunlight and always reapply when outdoors
- Expect dark spots to flake off naturally around days 3–7 — do not pick or scrub
- Avoid exfoliants, retinoids, or strong actives until skin has fully healed (typically after 7–10 days)
- You may wear light, mineral-based makeup once the skin is intact

# ShimChing MD

Asia Pacific Plastic Surgery Inc.

- Maintain a gentle skincare routine and hydrate well

## **When to Contact Us:**

Please reach out immediately if you experience:

- Prolonged redness, swelling, or heat lasting more than 3 days
- Blistering, severe peeling, or signs of infection (pus, yellow crusting)
- Intense pain, rash, or unexpected reactions
- Concerns about pigmentation or healing response

## **Additional Tips:**

- Use cool compresses to relieve warmth or swelling if needed
- Avoid heat exposure, hot yoga, and tanning (including self-tanners)
- Sleep on a clean pillowcase and avoid friction from masks or clothing
- Stay consistent with sun protection to preserve your results
- A series of treatments may be recommended — follow your provider's plan

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!