

## POST IPL TREATMENT: SKIN CARE INSTRUCTIONS

Immediately following the IPL treatment there will be discoloration of the skin (a pink-red or purple, and in other areas brown-gray-black). Some discoloration is called purpura (bruising). It will last for approximately 7 to 14 days on the face and up to several weeks on the trunk and extremities. Purpura fades like a bruise. As the purpura fades and the treated area heals, some of the treated blood vessels will become less noticeable, and in some cases, eliminated. Most redness will fade within hours to days.

Any discomfort experienced post-treatment can usually be relieved with Tylenol or an ice/cool pack wrapped in a soft cloth applied to the treated area for 10 minutes at a time.

To help prevent swelling, elevate the treated areas, especially at night. Elevating your head on several pillows will help prevent puffy eyelids after treatment of facial lesions.

### GENERAL SKIN CARE

- Apply a thin layer of Polysporin ointment, Vaseline, or dilute honey to the treated area several times a day for up to 5 days or until there is no evidence of crusting and the surface is totally healed.
- To avoid irritation in certain areas: consider applying a non-stick protective dressing such as a Telfa over the treated area if rubbed by clothing or jewelry.
- Shower as usual, but DO NOT RUB the skin with a washcloth, as the area is extremely delicate while the purpura is present. Gently pat the area dry.
- Avoid trauma to the treated areas. No contact sports, swimming or activities that cause excessive perspiration while the purpura is present.
- Avoid direct sun exposure and tanning between and before treatments. A sunscreen with an SPF of 45 or higher will ensure protection (reapply each hour).
- Make-up application should be avoided until after the 5th day post treatment.
- Avoid shaving over the treated area while purpura is present, especially if there is crusting or swelling.
- If any crusts, scabs, or blisters form. DO NOT SCRATCH OR PICK THEM! Treating the area gently will decrease the chance of scarring.
- Brown lesions that become darker will slowly slough off on their own, in 2-3 weeks. Do not exfoliate them.
- Contact your physician immediately if you exhibit any signs of infection (tenderness, redness, swelling, pus-like drainage or fever).

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