

# MASSAPEQUA DERMATOLOGY, PLLC

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## IPL PRE- AND POST- TREATMENT CARE

### PRE-TREATMENT CARE INSTRUCTIONS

- Avoid the use of Self-Tanners, Tanning Beds, and Sun Exposure on treatment site for at least 2 weeks prior.
- Discontinue the use of Retinoids at treatment sites for 1 week before and after treatment.
- Inform treatment practitioner of any medications you are taking and fill out the medical history accurately.
- We strongly recommend the following measures to minimize potential treatment side effects:
  - If you have frequent herpes breakouts in the treatment areas such as the lips, inform our office or provider so we can provide you a 3-day prescription to take starting the day before your appointment.
- No make-up, lotions and sunscreens when arriving for your treatment.

### POST-TREATMENT CARE INSTRUCTIONS

- Apply wrapped ice or gel packs to the treatment area for ten to fifteen (10-15) minutes every hour for the remainder of the day. Never apply ice directly to skin. Wrapped frozen bags of peas or corn also work well.
- An oral, over-the-counter anti-inflammatory (ibuprofen) or an analgesic (acetaminophen) may be taken to reduce discomfort. We recommend ibuprofen for its anti-inflammatory effect.
- If sun avoidance is not possible, apply physical sunblock of at least SPF 40.
- We recommend the following measures for post-treatment skin care.
  - A skin care regimen that includes a SPF 40 physical sunblock (zinc oxide/titanium dioxide), a gentle skin cleanser, and a soothing gentle moisturizer to use daily as needed. If you do not have such a regimen already, ask our staff for our post-treatment skin care regimen or recommendation.
  - Sleep with head elevation at an incline on the first night after treatment to minimize swelling in the morning.
- AVOID the following, until redness has completely resolved:
  - Applying cosmetics to treated areas (as directed).
  - Swimming, especially in pools with chemicals.
  - Hot tubs, sauna, Jacuzzis or any activities that cause excessive perspiration and increase in body core temperature.
  - Sun exposure or tanning to treated areas.
  - Aggressive scrubbing and use of exfoliants (e.g. glycolic products) on the treated area.
  - Bathe or shower as usual but avoid hot water as treated areas may be temperature-sensitive.

### TREATMENT EXPECTATIONS

- 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 it usually resolves in two to three (2-3) days.
- The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red color change. The vessels will fully or partially fade in about ten to fourteen (10-14) days.
- Repeat treatments may be performed every 1-2 weeks if skin has fully recovered. One to four (1-4) treatments may be necessary to achieve desirable results.
- DO NOT pick, scrub, remove, or pull at any darkened lesions as scarring may occur.

### VASCULAR LESION TREATMENT POSSIBLE SIDE EFFECTS

- Prolonged itching, redness, and blistering.
- Bruising, peeling, rash, lightening/darkening of skin color, crusting, swelling, infection, removal/lightening of freckles.
- Scarring (unlikely complication)
- Risk of incidental hair reduction or removal in the treated areas