

**POST-TREATMENT FOR PALOMAR INTENSE PULSE TREATMENTS (IPL)**  
**FOR PHOTOREJUVENATION**

- A mild sunburn-like sensation is expected. This usually lasts 2 to 24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this and usually resolves in 2 to 3 days. In rare cases, prolonged redness or blistering may occur. Gently cleanse and apply an antibiotic ointment if needed.
- Any lesions present on the face prior to treatment may initially look raised and/or darker with a reddened perimeter. Apply cool compresses or ice packs to the treated areas for 10 to 15 minutes every hour for the first 4 hours after treatment to reduce discomfort and heat sensation.
- If lesions present pre-treatment, they will gradually turn darker over the next 24 to 48 hours. They may turn dark brown or even black. These lesions will progress to a scab or crust and will start to flake off in 2 to 3 days.
- Do not pick, scratch, or remove scab or crust. This will prevent unwanted side effects.
- Lesions typically heal in 7 to 10 days, and will fade away over the next 2 to 4 weeks.
- The treated area can be gently cleansed and a topical antibiotic ointment may be applied if needed.
- Avoid sun exposure to treated areas. Apply a sunscreen with an SPF 45 to 50 or greater daily to sun-exposed skin for the duration of treatment and continue for 4 to 6 weeks after treatments are complete.
- **If you received photodynamic therapy with your IPL treatment, you must avoid exposure to natural and synthetic light for 48 hours after treatment. You must apply sunscreen to the treated area and wear sun protective clothing or a hat to prevent sun exposure.**
- Contact the office immediately if you experience any blistering.
- A steroid cream will be applied with your IPL treatment. Reapply this cream twice more on the day of treatment and possibly longer if you are instructed to do so.
- Until redness had completely resolved, usually 2 to 3 days, avoid the following:
  - Applying cosmetics on or near the treated area
  - Swimming, especially in pools with chemicals
  - Hot tubs or Jacuzzis
  - Activities that cause excessive perspiration