

Cosmetic Dermatology Center

Nicole Hayre, MD
8377B Greensboro Drive
McLean, VA 22102
(703) 827-8600

PHOTOFACIAL/PHOTOBODY (IPL) POST-CARE 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, which usually resolves in 2-3 days. In some cases, prolonged redness or blistering may occur.
- Brown spots may initially look raised and or darker, sometimes black, with a reddened perimeter. Some brown spots may gradually turn dark over the next 24 to 48 hours, appearing dark brown or even black.
- Apply cool/ice compresses to treatment areas for 10 to 15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation.
- The treated area can be gently cleansed and topical bactericidal ointment can be applied if needed.
- **DO NOT PICK, SCRATCH OR REMOVE SCABS.** This will prevent unwanted side effects.
- Dilated blood vessels may undergo immediate graying or blanching. In some cases, only a slight purplish change is noted. Vessels either fully or partially resolve in about **10-14 days**; areas of diffuse flushing gradually fade leaving skin with a normal appearance.
- Until redness has completely resolved, avoid swimming, hot tubs, jacuzzis, activities that cause excessive perspiration, sun exposure to treated areas and always apply a sunscreen with SPF 30 or greater daily to sun-exposed skin. Cosmetics should not be applied to treated areas if there are any open areas or breaks in the skin.
- Be aware of the likelihood of coincidental hair removal when treating pigmented lesions in hair bearing areas.
- Skin improvements continue over the next 2 to 4 weeks.