



IPL Pre and Post Care Instructions

For best results, please follow these instructions:

After IPL treatment: Avoid total sun exposure and irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, or Vitamin C for 1 week after your treatment.

Do not wax, tweeze or use a depilatory to the treated area for 1 week after your treatment.

Treated lentigines (brown spots) usually darken after treatment and continue to darken over the next few days. Some crusting may begin to form within a few days. This crusting usually resolves in 1 to 3 weeks. It should be allowed to naturally flake as you keep it heavily moisturized. Keeping the area moisturized can ensure a successful healing process. Localized redness may be present and typically resolves over the next few days.

Day 1:

- Apply Aquaphor and Burn Free as needed and do not let the skin get dry.
- Sleep elevated with 2 pillows to minimize swelling on the first night.
- Stay hydrated – we recommend drinking 60-80oz of water post treatment.
- Your lasered skin will continue to be swollen for 48-72 hours typically. This is a normal reaction. Avoid Ibuprofen/Advil. You may take Tylenol if needed.

Day 2-7:

- Wash face with Neova face wash sample jar morning and night.
- Apply Aquaphor as needed throughout the day and do not let the skin get dry.
- Avoid Ibuprofen/Advil for another 24 hours if possible. You may take Tylenol if needed.
 - Stay hydrated – we recommend drinking 60-80oz of water post treatment.
 - Take progress photos for your laser technician and text/email the photos.
 - **Start using Neova Tissue Repair on day 3 of recovery.**

Typical recovery lasts 5-14 days. A minimum of 4 weeks is needed between treatments.

To maintain best results, continue to use your face/body care products from Neova and/or Neocutis.

Always protect your skin by wearing sunscreen when going outside or driving in a car and wear a hat when possible. We suggest Neova SPFs.

Take home kit includes:

Jar of Aquaphor mix, Burn Free, sample of Neova Cu3 Gentle Cleanser, bottle of Neova Tissue Repair (to use for treatment 1 and 2), and a sunscreen (customized to your skin type).

Please call our office or email your nurse/technician if you have any questions or concerns about your treatment. If it is a weekend or after hours, please email your nurse/technician.

Nurse/Technician Email:

