

# PHOTOFACIAL / IPL

## *Post-Treatment Instructions*

- A mild sunburn-like sensation is expected following treatment. This usually lasts 2 - 24 hours, but can persist up to 72 hours depending on the sensitivity of your skin and strength of treatment.
- Some patients experience mild swelling and/or redness which usually resolves in 2 - 3 days.
- In some cases, prolonged redness or blistering may occur.
- If needed, apply cool/ice compresses to treatment areas for 10 - 15 minutes every hour for the next 4 hours to reduce discomfort and heat sensation.
- The treated area can be gently cleansed and topical bactericidal ointment can be applied if needed.
- Pigmented lesions may initially appear raised and/or darker with a reddened perimeter. These lesions will gradually turn darker over 24 - 48 hours, progress to crusting and then start to flake off in 10 - 21 days.
- Do not pick, scratch or remove scabs, this can lead to infection and complications.
- The blood vessels undergo immediate graying or blanching. In some cases, only a slight purplish change is noted. Vessels either fully or partially dissolve in about 10 - 14 days: areas of diffuse flushing gradually fade leaving skin with a normal appearance.
- Post-care: Ice pack

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

*Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!*

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### **Until redness has completely resolved (usually 2 - 3 days):**

- Avoid applying cosmetics on or near treated areas. If necessary, use a minimal makeup.
- Application of topical Aloe Vera may be soothing to the skin or application of an ice pack at interval of 5 - 10 minutes until symptoms subside.
- Avoid hot tubs and Jacuzzis, and any activities that cause excessive perspiration.

**\*\*Avoid sun exposure to treated areas. Apply a sunscreen with SPF 30 or greater daily to sun-exposed skin between treatments and 4 - 6 weeks after treatment.\*\***

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