



IPL Treatment

AFTERCARE

Thank you for choosing us!

Avoid Sun Exposure:

Stay out of direct sun for at least 2 weeks after the treatment. – Apply a broad-spectrum sunscreen (SPF 30 or higher) every 2 hours if you must be outdoors.

No Hot Showers or Baths:

Avoid hot showers, saunas, or swimming in hot tubs for 48 hours post-treatment to prevent irritation.

Avoid Scrubbing or Exfoliating:

Do not scrub, exfoliate, or use harsh products on the treated area for 5–7 days after the procedure.

Keep Skin Moisturized: Use a gentle, fragrance-free moisturizer to keep the treated area hydrated.

No Makeup for 24 Hours:

Refrain from applying makeup to the treated area for at least 24 hours to avoid irritation.

Limit Physical Activity:

Avoid vigorous exercise or activities that increase sweating for 48 hours after the treatment.

Avoid Heat:

Steer clear of heat sources (such as hot packs, steam, or heavy exercise) for at least 48 hours.

Do Not Pick or Scratch Treated Skin:

If the treated area becomes red or swollen, resist the urge to scratch or pick at the skin, as this can cause scarring.

Temporary Side Effects:

Mild redness, swelling, or a sunburn-like sensation is normal and should subside within a few hours to a few days. – Blistering or crusting is rare but should be reported to your practitioner immediately if it occurs.

Avoid Tight Clothing:

Do not wear tight clothing or jewelry on the treated area for 48 hours to avoid irritation.

Continue Hydration:

Drink plenty of water to keep your skin hydrated and support the healing process.

Avoid Other Skin Treatments:

Do not undergo other skin treatments (like chemical peels, microdermabrasion, or laser) on the treated area for at least 2 weeks.

If you experience any unusual reactions such as severe pain, blistering, or significant swelling, contact our clinic for advice.