

IPL/LASER GENESIS

POST-TREATMENT INSTRUCTIONS

- A mild sunburn-like sensation is expected. This usually lasts 1-2 hours but can persist up to 24 hours; individuals may vary. Mild swelling, tenderness and/or redness may accompany this.
- Apply ice packs or gel packs (do not apply direct ice) to the treated area for 10-15 minute intervals every hour for the next four hours as needed. A topical anti-inflammatory can be used for redness and tenderness. An oral, non-steroidal anti-inflammatory, such as acetaminophen or ibuprofen, may be taken to reduce discomfort. Use according to the manufacturer's instructions.
- In rare cases, prolonged redness or blistering may occur; if this happens, please call our office. An antibiotic ointment may be applied to the affected areas twice a day until healed.
- Shower as usual. Treated areas may be temperature-sensitive. Avoid soaking in a hot tub of water. Avoid scrubbing, use of exfoliants, scrub brushes, and loofah sponges until the treatment area has returned to its pre-treatment condition.
- The pigmented lesions may initially look raised and/or darker with a reddened perimeter; this is normal. It will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black and will begin to flake off in 7-10 days. Rarely would it progress to a scab or crusting phase. If this happens, please call us.
- Veins or vascular lesions may undergo immediate graying or blanching (turning white), or they may exhibit a slight purple or red coloring. If the treated area develops crusting or a scab, it will start to flake off in 7-14 days. The vessels will fully or partially fade in about the same amount of time. Repeat treatment to veins may be every 7-14 days, or when the skin has fully recovered.
- Do not pick, scratch, or remove any scabs. Allow them to flake off on their own. Lesions are usually healed in 7-10 days. They will continue to fade over the next 6-8 weeks after treatment.
- Please keep all follow-up appointments and do not hesitate to call our office if you have questions or concerns.

Until the redness has completely resolved, avoid all of the following:

- Applying cosmetics to the treated area.
- Swimming, especially in pools with chemicals, such as chlorine.
- Ocean swimming and Hot Tubs/Jacuzzis.
- Excessive perspiration or irritation to the treated area.
- Sun exposure to the treated areas – to prevent skin color change.