



## IPL (Intense Pulsed Light) DISCHARGE INSTRUCTIONS

Name \_\_\_\_\_

Date \_\_\_\_\_

### **General Expectations:**

- Avoid direct sunlight
- Keep skin moist and cool to aid healing
- Avoid environmental irritants during healing process (eg, dust, dirt, aerosols, cleaning agents)
- Avoid dryness and excessive heat (no cooking or rigorous exercise during healing process)
- Stay hydrated, eat healthy foods and avoid alcohol
- Redness and a sunburn-type sensation normally lasts several hours
- Neck redness is more persistent and will usually last several days longer than face redness
- Brown spots will become more brown and flake off over 1 – 2 weeks. Blisters or scabs may form – do not pick at them.

### **Day of treatment:**

- Keep sunblock on treated areas
- May take an analgesic for discomfort (Tylenol or Motrin)

### **Day 1 (First day after treatment):**

- Avoid direct sunlight and excessive heat
- Begin washing face as needed with tepid water and gentle cleanser
- May take tepid shower and wash hair

### **Day 2 -3**

- Itching begins
- Continue washing face with gentle cleanser and tepid water
- AVOID picking and/or scratching

### **Day 7 - 14**

- Brown spots will begin to flake off
- Continue washing face with gentle cleanser (e.g. cetaphil)
- Itching may persist; take oral benedryl at bedtime
- Continue applying vinegar soaks & ointment for comfort; transition to gentle lotion (e.g. cetaphil as soon as it does not burn) and non-irritating SPF 50+.

### **One Week to Two Months:**

- Avoid direct sunlight and wear Sunblock every day and reapply if outside.

Call or Text Dr. Cockerham if you have any questions or concerns  
(cell 650-804-9270)