



IPL After-Care Instructions

Immediately after the treatment short term redness (erythema) is common and swelling (edema) of the treated area may occur for 1-3 days after. Additionally, there may be some bruising, although this is uncommon. You may feel a sunburn-like sensation in treated areas, which is also normal.

Do not pick at the skin. The brown specks will exfoliate naturally on their own. The face usually takes 7 days to exfoliate. Other body areas take 2-3 weeks to exfoliate. Be patient!

To limit swelling it is helpful to sleep more upright than normal to keep the treated area elevated. Cold packs or SMD Heal Cream (which contains purified aloe vera and hydrocortisone) may be applied for comfort.

Wash face with gentle cleanser and moisturize face every morning and evening. Avoid using irritating skin care products while any post-treatment redness or inflammation exists. Makeup can be safely applied.

Avoid direct sunlight. Wear a wide-brimmed hat and clothing to cover laser treated areas. Use **sunscreen constantly to the treated areas with at least SPF 30 and containing at least 6% zinc oxide.**

Warm, not hot, showers are recommended the first day or two.

Avoid vigorous aerobic activity for the first two days.

If a single blister appears, apply Vaseline ointment 3 times per day and contact your doctor. If any erosions or sores appear, similarly contact your doctor.

Results become apparent in 1-3 weeks. A series of treatments is typically necessary to achieve more complete results.

SMD Product Recommendations

1. SMD Heal Cream for burning or itching or additional soothing, as needed
2. SMD Antioxidant Gentle Cleanser and SMD Pure Moisture Cream every morning and night
3. SMD Sheer Physical SPF 30 or SMD Protect and Perfect Tinted SPF (contain adequate zinc oxide)

Congrats, you are on your way to nicer skin!