



INTENSE PULSED LIGHT

POST TREATMENT CONSIDERATIONS

Mild sunburn like sensation, redness and or edema (mild inflammation which may take the form of white and/or red bumps at the base of the hair follicle) is expected.

Apply cold ice packs or towels to the treatment area for 10 minutes. Refresh and repeat as necessary when a warming sensation continues at the treatment site, post treatment. This can last up to 48 hours post treatment.

24 HOURS POST TREATMENT:

- Bath with cool water on treatment site
- Avoid swimming pools, hot tubs and Jacuzzis,
- Avoid excess exercise
- Avoid shaving
- Do not apply makeup to the area
- Avoid the use of scented lotions and/or soaps
- Avoid exfoliating and loofah sponges

Do not pick or remove any dry or crusting skin. The potential for infection and scarring will increase if dry or crusting skin is removed. Clinically effective treatments will cause the pigmented lesion to darken after the treatment and then crust over, dry out and eventually slough off.

Avoid sun exposure to the treatment area including natural unprotected sun exposure, tanning beds and self-tanners. Use an SPF 30 or higher on the treatment area to decrease the potential for pigment change (hyper-pigmentation or darkening of the skin at the treatment site).

For hair reduction treatments, stubble may appear at the treatment site as early as 1 to 3 weeks post treatment. This is not new hair growth or hair re-growth, rather it is the remnants of treated hair being expelled or shed from the pulsed light damaged follicle. You may gently exfoliate the treated area with a wash cloth if desired.

Depending on the body area treated, hair will regenerate as early as 3 weeks and as late as 10 weeks prior to the initial treatment. With hair developing and entering the active growth phase at different velocities for each individual based on different body areas, subsequent treatments will be scheduled based on an observation of hair re-growth. It is common in most hair reduction treatments to retreat on average at 4 to 5 week intervals.

Vascular treatments on small vessels (less than 2mm) close to the surface of the skin may disappear instantly, or enter a phase of vasospasm and/or vasoconstriction. Larger vessels which do not disappear immediately may take 8 to 10 weeks to resolve completely after pulsed light treatments.

Initial: _____