



Ideal Face and Body

IPL/ResurFX POST-TREATMENT CARE

IPL will pick up pigmentation and vascular lesions which will turn darker and fade after a week and up to three weeks. It can take up to 3+ treatments to achieve desired results.

With the **Lumenis ResurFX** treatment you will be red and swollen; it can take 24-48 hours for swelling and redness to subside. Swelling is a good sign, it means the thermal energy of the laser has targeted that collagen and elastin layer.

With both the **IPL and ResurFX Treatments**, it can feel like a mild to medium sunburn depending on the depth and how much pigmentation the treatments picked up. You may use cold ice packs and take a pain reliever for discomfort.

What you should do after IPL or ResurFX Treatment

- Exercise should be avoided for 24-48 hours post treatment
- Hot baths are not advised for 24 hours. Quick warm or cool showers are recommended.
- If the skin is broken or a blister appears, apply an antibiotic ointment and notify the office. The area should be kept lubricated to prevent crusting or scabbing of tissue.
- Cold packs, aloe vera or any other cool preparation may be used for temporary discomfort.
- Prolonged sun exposure is to be avoided for 4 weeks before and after treatment.
- Discontinue use of skin care products with Actives (Retin A, Glycolic Acid, Salicylic Acid, Lactic Acid) for up to 10 days post treatment.
- A total sun block should be applied. We recommend YovinoMD HA Physical Tint SPF 44
- The first few days post treatment, we recommend using YovinoMD Intensive Recovery Cream
- If further treatment is needed, a commitment to stay out of and/or protected from the sun is necessary.
- Make-up can be applied as long as the skin is not broken. Make-up can also serve to protect the skin from the sun.
- Immediately report any worsening, persistent symptoms, or side effects to our office.