



IPL

POST TREATMENT CARE

[CoutureMedSpa.com](https://www.CoutureMedSpa.com)

Ocoee | 407.452.5545

Winter Park | 407.907.6300

Oviedo | 407.898.5788

WHAT SHOULD I EXPECT AFTER MY IPL?

- A mild sunburn-like sensation is expected lasting 2-24 hours but can persist up to 72 hours.
- Apply ice or gel packs to the treatment area for 10-15 minutes every hour for the next four hours, as needed.
- An oral, non-steroidal anti-inflammatory medication, such as acetaminophen, may be taken to reduce discomfort.
- The brown spots will darken and develop "coffee ground" looking scabs that will naturally shed. You may use makeup to cover these.

WHAT SHOULD I AVOID AFTER MY IPL?

- Hot tubs, Jacuzzis and swimming pools.
- Activities that cause excessive perspiration for 24 hours.
- Sun exposure and tanning to treated areas.
- Exfoliating the treated area.
- No aggressive exfoliation or anti-aging skin care for 5-7 days (retinol, glycolic, and salicylic acid).

MY DARK SPOTS LOOK DARKER, IS THIS NORMAL?

- The lesion may initially look raised and/or darker with a reddened perimeter.
- The lesion will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black.
- The lesion will progress to scabs and/or crusting and flake off in an average of 7-21 days.
- Do not pick, scratch or remove scabs-scarring could occur.
- The lesion is usually healed in 21-30 days. It will continue to fade over the next 6-8 weeks

RECOMMENDED POST TREATMENT PRODUCTS

Sunscreen with zinc or titanium as main active ingredient.

- **Couture Ultimatte Sunshade 50+**

Gentle skin cleanser, twice daily.

- **Couture Antioxidant Cleanser**

Gentle moisturizer specific for post laser treatment

- **Couture Hyaluronic Serum**