



IPL/Laser Post Treatment Care

- Cold packs, aloe vera or any other cooling preparation may be used to ease temporary discomfort.
- When showering or bathing please use warm water and avoid hot water temperatures on the treated area/areas. Avoid prolonged hot baths.
- Aerobic exercise (including hot yoga), use of saunas and hot tubs should also be avoided for 24-48 hours.
- If the skin is broken or a blister appears, apply Aquaphor or an antibiotic ointment and notify our office right away at 608-240-0088. The area should be kept lubricated to prevent crusting or scabbing of tissue. Please do not pick the areas as this can cause discoloration.
- Prolonged unprotected sun exposure is to be avoided for 4 weeks before and after treatment. You should continue to use your SPF daily and reapply if you are exposed to sun for periods over 2 hours. If further treatments are needed a **commitment to stay out of the sun is necessary**. Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation).
- Makeup can be applied as long as the skin is not broken. Avoid skin care products with active ingredients if skin is sensitive. Avoid use of Retin A for 2--3 days. Please hydrate your skin 2x a day till your skin has recovered.
- Do not use any facial cleansing devices or other scrub type brushes or scrub products for 3-5 days.
- Bruising isn't an expected side effect, but bruises can occur. Expect them to heal within 3-5 days and call should any questions or concerns arise.
- **It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately!** A follow-up for reactions will be necessary within 2 weeks of the treatment date. 608-240-0088 (during business hours) or 608-513-8699 (Anne Pientka, after hours)
- If you have any questions, please contact Radiance without hesitation at 608-240-0088. Please schedule your follow up or subsequent treatment if you didn't schedule before leaving the clinic.

Skincare products that partner well with IPL & are available at Radiance:

- Radiance Advanced Antioxidant Repair Cream~ features 90% polyphenol isolates to supply exceptional antioxidant protection, leading to a healthier and more youthful-looking complexion. A staff & client FAVE!
- Radiance Advanced Brightening Pads with Hydroquinone~ Brighten and soothe the skin while tackling stubborn pigment. A quick and easy addition to any routine!
- SPF~ Sunscreen is always important to protect the skin & prevent damage that can show in the form of crepe skin, fine lines & more. Protect your investment!
- Skinade Targeted Solutions® Derma Defense A+D Boost~ A drinkable skin care product that works from the inside and supports the skin all over your body (not just your face!). Helps increase moisture and hydration, reduces pigmentation, and provides a healthy glow.

Other Complimenting Services to Consider:

- **Microneedling**

<https://radianceskintherapy.com/skin-essentials/microneedling/>

- **ResurFx**

<https://radianceskintherapy.com/skin-essentials/resurfx/>

- **Chemical Peels**

<https://radianceskintherapy.com/skin-essentials/chemical-peels/>