

Radiance

HOME CARE GUIDELINES FOR IPL PHOTOREJUVENATION

- Cool compresses or aloe vera may help to ease temporary discomfort and can be used.
- Avoid hot water temperatures on the treated area/areas. Avoid prolonged hot baths/showers, hot tubs, or saunas for 48 hours.
- Avoid aerobic exercise (including hot yoga) for 24-48 hours.
- If the skin is broken or a blister appears, apply Vaseline or Aquaphor 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.
- Avoid sun exposure without sun protection for 4 weeks following the treatment. You should continue to use your SPF daily and reapply every 90 minutes. If further treatments are needed a **commitment to stay out of the sun is necessary**. Sun exposure may cause 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.
- Bruising isn't an expected side effect, but bruises can occur. They typically heal within 3-5 days. Please call should any questions or concerns arise.
- 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.

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. During business hours call 608-240-0088. After business hours call Taylor Hill, @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699.