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Care Before and After IPL Laser

This page contains answers to frequently asked questions regarding your care after IPL laser treatment.

What is the goal of IPL/BBL laser treatment? IPL/BBL helps treat skin conditions that result from aging, sun damage, freckles, and redness from broken blood vessels or rosacea. The light energy delivered by IPL/BBL heats the upper layer of skin which then stimulates cells to form new collagen, giving a more youthful look. If brown spots are the focus, the IPL/BBL penetrates the skin and reduces excess melanin in the pigmented lesions. The thermal light energy rids the skin of fine blood vessels by absorbing the light and therefore damaging the vessels. Phototherapy reduces the signs of aging and skin defects with minimal to no recovery time.

What do I need to do to prepare for IPL/BBL laser treatments? ***Four weeks prior*** to laser treatment: Avoid tanning, excessive sun exposure, and self-tanners. Tanned skin increases the risk of permanent skin discoloration or hyperpigmentation/skin darkening. ***Two weeks prior*** to laser treatment: Stop Retin-A, Renova, Tretinoin, and Retinols. ***One day prior*** to laser treatment: Start Valtrex to prevent development of cold sores or blisters.

Will IPL/BBL laser therapy be painful? ***Arrive 30-45 minutes early*** for your appointment to apply topical anesthetic prior to your laser procedure.

What will I see when I look in the mirror? Your skin will have an appearance ranging from pink to red. You may have some noticeable dryness and flaking over the next week. This is normal. Moisturize often. ***Do not pick*** or peel your dry skin. Brown patches/spots will temporarily appear darker and more noticeable over the next 2-3 days. The dark areas will feel scaly and flake off over the next 1-2 weeks. Occasionally, facial swelling may occur especially around the eyes. The swelling should resolve in 1-2 days.

How will my face feel? In general your face may feel mildly warm or hot like a sun burn. Burning, redness, and warmth are all normal sensations following IPL/BBL treatment. You can take Tylenol for any discomfort. Cool, damp cloths also work well to minimize discomfort.

How do I care for my skin after laser therapy? You will apply Aquaphor to your full face for 24 hours and then you may use your daily moisturizer. Reapply moisturizing creams/Aquaphor 4-6 times a day to keep your skin from drying out. ***Keep moisturized.*** You may use an over the counter antihistamine for itching to the affected area.

When can I shower? You may shower the same day and use a mild soap and water as normal.

When can I wear make-up? In general, you can wear make up the next day.

What restrictions do I have after laser therapy? No direct sunlight for 2 weeks. Use sunscreen with an SPF of 30-50+. Avoid Retin-A, Retinols, Salicylic Acids, and Glycolic Acids for 2 weeks post procedure.

Do not hesitate to call the office at 216-778-2262 for any questions, problems or concerns.