

## **POST LASER/IPL TREATMENT AFTERCARE INSTRUCTIONS (NON-ABLATIVE LASER/IPRL)**

- Your skin can be red and slightly swollen (particularly if large area treated) but this should generally subside gradually. In some cases, brown freckles or marks may turn darker for few days. If the swelling is persistent or feels uncomfortable, you can apply an ice pack for 10 minutes every 2 hours and consider an over-the-counter non-sedative anti-histamine such as clarity, Neoclarityn or Benadryl. Treatment around the eyes may cause marked swelling and, in such cases, please sleep slightly more upright the first couple of nights.
- You may develop some bruises in some areas and these usually heal within a week with no scarring.
- You may apply foundation or make-up after treatment without the need to wait, unless there is an area of crusting or broken skin.
- Exercise (gentle) and normal daily activities may be resumed without problems. Avoid strenuous exercise for at least 3 days after treatment.
- Use a gentle cleanser to wash your face once or twice a day such as Avene cleanance cleanser or cetaphil cleanser.
- Apply a light hydrating moisturizer twice a day for the first few days (can increase frequency if desired) as sometimes the skin might feel a bit dry and tight. Some examples of moisturizers are: Avene light hydrator, cetaphil cream or Skinceuticals hydrating B5 serum.
- Avoid using potential skincare products the first week whilst the skin is still red and – sometimes – sensitive such as: scrubs, exfoliators, salicylic acid, glycolic acid, retinol/tretinoin, hydroquinone and toners.
- Avoid procedures such as scrubs; microdermabrasion, facials, waxing or chemical peels for at least a week after treatment.

- If the skin feels tingling, burning or itching and these symptoms are not relieved by the application of moisturizers then use Avene thermal water spray and spray this as often as required, as it will soothe the skin. You can also use skin ceuticals phytocorrector serum and use that as a hydrating moisturizer or in addition to your moisturizer.
- Use sunblock of SPF30 minimum and in the summer preferably SPF50 for at least a month after the treatment and longer if the skin is red.
- Crusting, scabbing or blistering is rare and if it occurs keep these areas clean and apply Vaseline twice a day and inform Dr. Firas Al-Niaimi.



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