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### **Pre & Post Care for (Intense Pulsed Light) I.P.L. Treatments**

1. You cannot be tan, or continue to have sun exposure, to receive an IPL treatment.
2. IPL is a series of treatments (usually 4) for reducing red and brown discoloration of the face, neck, chest, hands, and other areas.
3. After each treatment, the area(s) you had treated by the IPL device may be mildly red and/or swollen. This resolves in 1-3 days.
4. Over the next few days, the brown spots on your skin may become temporarily darker (looking like specks of black pepper: "pepper flecking") - indicating that there was a positive response to the IPL treatment. These pepper flecked areas usually feel rough or "crusty", and sometimes look linear or rectangular. People who are sensitive to the treatment, or who received a more aggressive treatment, may experience "heavy peppering". The "pepper flecking" heals in 3-10+ days.

### **Post Treatment Instructions**

1. During the healing period, you should stop using all skin care rejuvenation products on the areas that were treated, as they may irritate the skin and slow down the healing process.
2. Apply ice to the treated area on and off for several hours following the treatment.
3. Avoid direct sun exposure or getting a tan before, and during, and directly after a series of IPL treatments. You should use an SPF 30 sunscreen at all times when in the sun (such as the Citrix SPF 30 or Supersheer SPF 50 sunscreen available in our office).
4. Twice a day (once in the A.M., and once in the P.M.), you should use a gentle cleanser and a thick, bland moisturizer, until the area is completely healed. This step is particularly important if you develop mild or moderate "pepper flecking". We recommend using:  
Examples of gentle cleanser:                      Examples of thick, bland moisturizers:  
ii. Glycolix Ultra Gentle Cleanser      ii. Post Peel Recovery Cream
5. While cleansing your face, do not rub the skin with a towel or washcloth, because the area is more delicate while healing. Do not pick the "pepper flecks" off -- let them peel off on their own.
6. If your skin feels dry or rough, or you experienced more heavy "pepper flecking", apply a thin layer of a thick, bland moisturizer several times during the day, and call office.
7. The average number of IPL sessions is four, spaced every 4 weeks. Some patient may require more than four treatments, or treatments with a different device, to achieve a satisfactory outcome.

Everyone heals differently. If you have any questions, or if your skin develops any blisters, large scabs, heavy "pepper flecking", discoloration or marks other than described above; or if you experience any prolonged swelling or pain, then you should call our office immediately at (860) 245-0000. You should return for your next treatment in 3-5 weeks.