



Lowe Plastic Surgery (LPS)

Post IPL & Brown Spot Skin Care

- Although not typical, you could experience some prolonged redness, crusting or flaking. You may use ice or a cool, wet cloth if needed after treatment to cool the skin. Ibuprofen or Tylenol may be used for discomfort.
- You may apply **Aquaphor Healing Ointment** or Aloe Vera gel to treated area. It is best to wear cotton clothing over the treated area and avoid polyester or manufactured clothing.
- Wash treated areas with a gentle cleanser. **NO** exfoliants for 48 hours! Wash with **cool** water – avoid hot water for 48 hours post treatment. **DO NOT** scrub your skin!!
- Moisturizer and make-up may be applied after washing, if desired.
- Stringent use of recommended sunscreen on treated areas is **strongly advised** for all patients, 365 days per year.
- Stay out of the sun! If planning to be in the sun, wear a broad-brimmed hat in addition to your sunscreen. **ALWAYS** use a sunscreen with an SPF of 30 or higher and reapply every 1-2 hours of exposure time. This includes running outside, gardening, hiking, fishing, bicycling, etc.
- Avoid aerobic activities 24 hours following each treatment.
- Puffiness and swelling are common reactions to IPL treatments and should subside quickly. If either should continue beyond 24-hours, we can prescribe an oral anti-inflammatory to speed up the healing process.
- Begin the recommended skin care program 2-3 days following treatment or return to your regular skin care regimen.

If you have any questions or concerns regarding your treatment,
Do not hesitate to call us at 942-4300