

Horizons



Wellness

## Post Care: IPL -Skin Tightening, Stretch Marks & Scar Reduction

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- ❖ Immediately after treatment the skin may turn red and become swollen. You can apply a cool pack to treat site immediately after treatment to help alleviate the swelling and redness.
- ❖ During the first seven days following the treatment, care should be taken to prevent trauma to the treated site.
- ❖ Any pigmented areas will darken after treatment and “flake off” over the next five to seven days.
- ❖ Blistered or ulcerated skin should be treated with an antibiotic ointment, Aquaphor and a burn treatment cream if necessary. If crusting occurs, avoid picking at it since this can cause scarring. If scabs appear after blistering, they should be kept soft with a lubricating cream. Once the scab falls off the skin may be lighter or darker. There can be a significant color difference from the unburned skin initially and it can take several months for this to resolve.
- ❖ Hydroquinone should be stopped the day of the procedure and for three days thereafter, and can be applied daily as soon as any inflammation subsides.
- ❖ Moisturize with Aloe Vera gel or any light fragrance-free moisturizer, after the first 48 hours.
- ❖ Avoid using skin irritants such as Retin-A, Benzyl Peroxide, Glycolic Acid and astringents on the treated areas until skin changes abate.
- ❖ Avoid sun exposure for several weeks. Use high factor sunscreen, SPF 30 or higher. A good sun block will contain zinc oxide or titanium dioxide and will protect against both UVA and UVB rays. Tanning after treatment may cause hyperpigmentation.
- ❖ If you have a history of HSV and you were prescribed Valtrex, continue with your course of treatment.
- ❖ Fillers or other injectables should not be done within 2 weeks before/after treatment.

1029 Pleasant Street | Bridgewater MA  
508-807-0634  
[WWW.HorizonsHealthandWellness.com](http://WWW.HorizonsHealthandWellness.com)