

# IPL Therapy Discharge Instructions

**Patient Name:** [Patient Name]

**Date of Treatment:** [Date]

**Treated Area:** [Area]

## Immediate Post-Treatment Care

- Apply a cold compress or chilled gel packs to the area for 10-15 minutes every hour if needed to reduce redness and heat.
- Cleanse the treated area gently with mild, fragrance-free soap and lukewarm water.
- Apply a gentle, hypoallergenic moisturizer or aloe vera gel as directed.

## Sun Protection

- Avoid direct sun exposure to the treated area for at least 2 to 4 weeks.
- Apply a broad-spectrum SPF 30+ sunscreen daily, even on cloudy days.
- Wear protective clothing and hats when outdoors.

## What to Avoid

- Do not pick, scratch, or scrub any crusting or "coffee-ground" spots that appear; let them fall off naturally.
- Avoid hot tubs, saunas, and intense exercise for 48 hours.
- Avoid using active skincare ingredients (Retinol, Glycolic Acid, Vitamin C, or harsh exfoliants) for 5-7 days.
- Do not use tanning beds or self-tanning lotions during the healing process.

## What to Expect

- Redness and a sensation similar to a mild sunburn for 24-48 hours.
- Pigmented spots may darken and look like "coffee grounds" before flaking off within 7-14 days.
- Minor swelling around the eyes or cheeks (if treated).

## When to Call the Clinic

Contact us immediately if you experience:

- Blistering or skin crusting that is painful.
- Signs of infection (pus, increasing warmth, or extreme swelling).

- Severe pain that does not respond to cooling.

**Follow-up Appointment:** [Date/Time]

**Clinic Contact:** [Phone Number / Email]