

Post-treatment care – IPL & Fractional Laser

*To protect your results and prevent damage after treatments like IPL or fractional laser, wearing broad-spectrum **SPF 50+** daily is essential – even on cloudy days or indoors near windows.*

First Few Hours (0–8 Hours Post-Treatment)

What to Expect:

Redness, warmth, or mild swelling (sunburn-like sensation)

Brown spots may darken (especially after IPL)

Skin may feel tight, sensitive, or slightly rough

What to Do:

- Do not touch, wash, or apply products for at least 4–6 hours
- No makeup, exercise, hot showers, or sun exposure
- Avoid saunas, steam rooms, and heat

Day 1–3

What to Expect:

Redness and sensitivity may continue

Pigmented spots darken ("peppering") before sloughing off (*typical with IPL*)

Dryness, flaking, or sandpaper texture (*more common with fractional laser*)

What to Do:

- Cleanse gently with a non-active cleanser
- Apply soothing moisturizer frequently
- Use mineral SPF 50+ daily (no chemical sunscreens)
- Avoid actives (retinol, acids, vitamin C), scrubs, or exfoliation
- Do not pick or rub darkened spots (*IPL patients*)

Day 4-7

What to Expect:

Flaking and sloughing of treated pigment
Skin begins to appear clearer, brighter, and more even
Texture and tone improve

What to Do:

- Continue gentle skincare and **daily SPF 50+**
- Do not pick or exfoliate flaking skin
- You may gradually resume active ingredients after Day 5 if skin is no longer sensitive

After Day 7

What to Expect:

Skin is smoother, with more even tone
Full results will continue to develop over the next 2-3 weeks

What to Do:

- Maintain daily SPF and gentle skincare
- Avoid tanning or sun exposure
- Follow up with your provider for maintenance or series treatments

SPF 50+ IS NON-NEGOTIABLE AFTER LASER & LIGHT THERAPIES BUT, WHY IT MATTER?

1. Prevents hyperpigmentation and dark spots
2. Reduces risk of post-inflammatory damage
3. Protects your investment by maintaining long-term results
4. Shields your skin during its most sensitive and vulnerable stage

Contact us

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