

IPL Excelight Aftercare

After undergoing IPL (Intense Pulsed Light) treatment, it's important to follow some after-care advice to ensure proper healing and optimise the results. Here are some general guidelines:

- 1. Protect your skin from the sun:** IPL treatment can make your skin more sensitive to sunlight. Avoid direct sun exposure for at least a week after the treatment. If you must go outside, wear protective clothing, such as wide-brimmed hats and long sleeves, and use a broad-spectrum sunscreen with a high SPF.
- 2. Avoid heat and hot water:** Stay away from hot showers, saunas, hot tubs, and steam rooms for a few days following IPL treatment. Heat can exacerbate skin sensitivity and increase the risk of complications.
- 3. Keep the treated area clean:** Gently cleanse the treated area with a mild, non-irritating cleanser or the one recommended by your dermatologist. Avoid scrubbing or using harsh exfoliants until your skin has fully healed.
- 4. Moisturise regularly:** Apply a gentle, fragrance-free moisturizer to keep your skin hydrated and help with the healing process. Look for products that are suitable for sensitive skin.
- 5. Avoid picking or scratching:** It's important to resist the temptation to pick at any scabs or flaking skin. Let the treated area heal naturally to minimize the risk of infection and scarring.
- 6. Don't use irritants:** Avoid using any skincare products that contain potentially irritating ingredients, such as retinoids, glycolic acid, or strong exfoliants, until your skin has completely recovered.
- 7. Be patient:** It may take several days or weeks for the full results of the IPL treatment to become apparent. Your skin may initially appear reddened or have some mild swelling, but these side effects should resolve on their own.

If you experience any excessive pain, prolonged swelling, severe blistering, or other concerning symptoms after IPL treatment, contact the clinic promptly for further guidance and evaluation.