



JENNIFER W. PENNOYER, M.D.
Medical & Surgical Dermatology
Laser & Cosmetic Skin Care

INTENSE PULSED LIGHT PHOTOFACIAL

Skin Care after Treatment of Vascular Areas

1. The vessels will fully or partially fade in about 10-14 days.
2. Repeat treatments may be performed every 2-4 weeks if skin has fully recovered.
3. Some redness and swelling is normal after treatment and may feel similar to a sunburn. This should resolve within several hours to several days after treatment.
4. Avoid harsh rubbing of treated area for 24 hours or until redness has resolved.
5. Apply a cooling, soothing preparation such as Aloe Vera or ice packs, as needed.
6. If nose and cheeks are treated, swelling under the eyes is possible for a few days.
7. Make-up can be used as long as the skin is not broken.
8. For blistering or crusting, an antibiotic of choice may be used. Care should be taken to avoid trauma to the treated area.
9. Bathe and shower as usual. Treated areas may be temperature-sensitive and feel hotter in a hot shower or bath. Avoid aggressive scrubbing or exfoliating. Do not use loofa sponges, scrub brushes, or other exfoliating products until redness on the treatment area has completely resolved.
10. No hot baths, heavy lifting, or aerobic exercise for 24 hours or until redness has resolved. Avoid swimming, especially in pools with chemicals such as chlorine.
11. Avoid direct sun exposure for 2-3 weeks after your treatment. If you do go in the sun, protect the treatment area(s) with a sunblock of 30 SPF or higher.
12. If you have any questions or concerns, please call our office at 860-243-3020.