

MIA BELLA

SKIN BOUTIQUE

Guide to Post-IPL Photo-facial Treatment Care:

What to Expect After Your IPL Photo-facial Treatment:

Post-treatment, it's normal to experience mild to moderate redness and a sensation akin to sunburn. These effects usually fade by the next day. Areas with hyperpigmentation or sun damage may darken and form a superficial crust, known as "micro-crusting." These crusts typically shed naturally within one week for facial treatments and up to four weeks for body treatments.

Key Care Steps:

- Moisturize the treated area with your recommended skincare at least three times daily for 3-4 days or until micro-crusting has subsided. This aids in reducing irritation and promotes healing.
- Avoid direct sun exposure, including tanning beds, on the treated area.
- Always apply sunblock with SPF 50+ when outdoors.
- Use barrier protection like wide-brimmed hats, large sunglasses, and protective clothing.
- Keep the area dry
- Postpone beach, spa and exercise training sessions.
- Avoid steam rooms, saunas, and activities that cause sweating for 24 hours.
- Refrain from swimming for at least three days post-treatment.
- Gentle Showering: Opt for short, cool, or lukewarm showers.
- Avoid hot baths and showers for a minimum of three days.
- Do not scrub or shave the treated area. After showering, gently pat dry.
- Stay away from harsh soaps, medicated washes, scrubs, peels, and topical prescriptions like retinoids for at least three days.
- Limit skin care to the products recommended by your skin therapist.
- Apply makeup, if necessary, but avoid scrubbing the area.

Managing Common Side Effects:

- For Redness, Swelling, or Discomfort: Apply cool ice packs intermittently (on and off every 3-5 minutes) for 1-2 hours. Do not exceed 5 minutes at a time.
- For Itching: Consider oral antihistamines, as needed.
- Avoid scratching the area.
- For Micro-Crusting: It's common for hyperpigmented areas to darken and form micro-crusts post-treatment.
- Do not pick, scratch, or scrub these crusts.
- Keep the area moisturized, applying 3-4 times daily until they naturally slough off.

Remember, these post-treatment instructions are designed to help you achieve the best possible results while ensuring your skin heals properly and safely. If you have any doubts or specific concerns, always consult with your treatment provider.