



Cosmetic Plastic
Surgery Institute

Intense Pulse Light (IPL) Postop Instructions

1. **Dressing/Ointments:** You will likely leave with an aloe containing, soothing gel applied to the areas treated with IPL. This gel will evaporate in several hours. If there is moderate degree of discomfort or redness, you may apply Bacitracin ointment to these areas twice daily until symptoms improve. Otherwise, no more dressing or ointment is required.
2. **Washing:** You may wash the area treated with luke warm water only and any gentle soap. If there is moderate degree of discomfort or redness, do not face the showerhead directly at the areas treated. Otherwise, you may proceed with your routine cleansing routine.
3. **Activity:** You may resume routine daily activities immediately. Avoid strenuous activities or heavy exercise for at least 36 hours. You may return to work as soon as you feel comfortable doing so as you will be presentable within 24 to 36 hours.
4. **Driving:** You may return to driving a motor vehicle immediately.
5. **Eye drops:** Even following IPL photo facial, eyedrops are not required.
7. **Exposure to sunlight:** Protect your face from sun exposure or salon tanning for at least two weeks. Remember to wear a hat or sunscreen with a skin-protection factor (SPF) of at least 20 whenever you go outside.
8. **Exercise:** You may return to aerobic exercises 36 hours following surgery.
9. **Postoperative Follow up:** In general you do not have to return to your doctor for a follow up visit. Patients requiring multiple IPL treatments are usually scheduled 6 weeks apart.

Pt Name _____

Pt Signature _____

Date _____