

What to Do After an IPL Photofacial

The benefits of IPL Photofacial treatments start to become apparent in the 24 hours following each procedure and continue to evolve in the days and weeks that follow.

Although [IPL Photofacials](#) require very little to no recovery time, there are definitely things you should (and should not) be doing to ensure you derive the maximum benefits from this facial, while minimizing the chance of negative side effects. We recommend that you pay careful attention to the following tips.

Keep Cool and Avoid the Sun

Avoid both direct and indirect sunlight as much as possible during the 30-day healing period. Sunlight can not only prevent your skin from healing properly but can more easily cause new damage during this time. Your skin will be especially sensitive to sunlight following the treatment. To avoid sunburn during this vulnerable time, you must protect your skin for at least 30 days after each treatment by applying a broad-spectrum sunscreen with an SPF of at least 30.

Ensure that your skin remains protected and apply sunscreen as often as needed to maintain protection. Using broad (or full) spectrum sunscreen will give protection against both UVA and UVB rays and is [necessary even if you avoid direct sunlight](#).

Too much heat is also bad for your skin as it tries to heal and regenerate. This means you must avoid hot baths or showers for several days after each treatment. You should also avoid strenuous exercise during this time, as excess sweat increases your chances of infection, while potentially delaying the healing process.

If you have any redness, swelling, itching, or burning following an IPL treatment, applying aloe vera gel or cold compresses can help. If these symptoms persist for more than 48 hours, you should contact your doctor.

Be Gentle on your Skin and Allow Time to Heal

Do not apply makeup immediately after an IPL facial treatment. It's best to try and minimize (or completely avoid) using makeup for the next 12 hours.

Keep skin clean by using a gentle cleanser twice a day, only use cold or warm water, and gently pat your skin dry instead of rubbing it.

In addition to using sunscreen, ensure that you keep your skin protected at all times by using a gentle moisturizer.

During the week or so following an IPL facial treatment, any pigmented spots in the treated areas may darken in color before eventually peeling off.

Other blemishes may also become apparent before they eventually flake off. It is imperative not to scratch or pick at your skin during this time, or you will run the risk of infection, possibly resulting in new scars and imperfections.

Avoid Skin Irritants

As your skin heals, you should avoid any products with the risk of irritation, or which might interfere with the healing process. The list of potential irritants includes products high in Vitamin A, such as retinoic acid, Tretinoin (Retin-A), and alpha-hydroxy acid (AHA).

Skin exfoliants should also be avoided for at least a week after each treatment, whether chemical or mechanical. If needed, an over-the-counter 1% hydrocortisone cream can be used once or twice a day on any irritated areas, as long as the skin surface is intact.