



## GOULD-JACOBSON DERMATOLOGY

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### **Non-Ablative Laser or IPL™ Treatment Care Instructions**

Avoid excessive sun exposure for two weeks before each treatment. At least daily use of a sunscreen with an SPF of at least 15 applied to the area(s) to be treated is recommended.

On the day of your procedure, apply an ice pack to the treated areas for 15 minutes each hour, for 2-3 hours. If your face was treated, you may wish to sleep with an extra pillow to keep your head elevated in order to minimize swelling. Swelling may be fairly significant – especially around the eyes if this area was treated.

You will likely experience some blotchy redness of your skin after the procedure. This may last for up to several days. Focal bruising is uncommon, and if it occurs, this generally resolves within a few days.

Although uncommon, if crusting develops, apply Vaseline® or Aquaphor Healing Ointment® to the crusted areas several times per day until healed.

You may gently wash the treated areas with soap and water. You may apply makeup if no crusting develops over the first 24 hours after the treatment. If crusting occurs, avoid getting makeup on the crusted areas.

Discomfort is usually very mild and short-lived. This may be minimized with the application of ice packs/cool compresses. Applying a thin coat of Vaseline® or Aquaphor Healing Ointment® may also be soothing. While not generally needed, Tylenol®, if not otherwise contraindicated, is often effective for minimizing discomfort as well.

Apply sunscreen with an SPF of at least 15 on at least a daily basis for several weeks after the treatment.

Improvements in the appearance of the skin tend to be gradual and occur over a period of weeks to months, depending on the type of laser used and the issue being treated.

If you have any questions about the healing process, please do not hesitate to contact us at 650-327-5783.