



# Dr. Shore Dermatology

Dermatology - Cosmetics - Excellence

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## IPL

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*Post Treatment Instructions*  
*Ronald N Shore Dermatology*

- Apply a cooling, soothing preparation such as Aloe Vera
- Cool packs, or cool, wet compresses may be used; avoid ice packs
- Cortisone preparation may be used to decrease epidermal reaction
- Avoid harsh rubbing or scrubbing of the treated area
- Make up may be used as long as the skin is not broken
- For blistering or crusting, use an antibiotic ointment such as Polysporin® (do not use Neosporin®)
- Avoid hot baths, saunas, whirlpools, hot tubs, swimming, and aerobic exercises for 48 hours following treatment
- Use sun block SFP 30+ or higher for unavoidable sun exposure. A sun block that provides physical protection with Zinc oxide is best.
- Do not wax or tweeze treatment sites between hair removal treatments
- Avoid strong deodorants subsequent to hair reduction treatment of the underarms