

After an IPL (Intense Pulsed Light) treatment with the Lumecca device, proper post-care is essential to maximize results and minimize side effects. Here are some general post-care instructions for patients who have undergone this treatment:

Immediate Post-Care (First 24-48 Hours):

1. **Cooling & Comfort:**
 - **Ice packs or cool compresses** can be applied to the treated area to soothe any discomfort, swelling, or redness.
 - **Avoid hot showers or baths** for the first 24 hours as heat can aggravate the skin.
2. **Avoid Sun Exposure:**
 - **Strict sun protection is crucial.** The treated area will be more sensitive to UV radiation for at least 2 weeks.
 - **Apply broad-spectrum sunscreen (SPF 50 or higher)** every 2 hours if you need to be outside.
 - **Avoid direct sun exposure** and wear protective clothing (wide-brimmed hats, scarves, etc.) if possible.
3. **Redness & Swelling:**
 - It is common to experience some **redness, swelling, or mild discomfort** similar to a mild sunburn. These should subside within a few hours to a few days.
 - **Don't rub or massage** the treated area as it may irritate the skin further.

Within the First Week:

1. **Avoid Makeup (First 24 Hours):**
 - Avoid applying makeup immediately after the treatment until the skin has calmed down.
 - Use mineral makeup or non-comedogenic makeup once redness has settled if you feel the need to cover up.
2. **No Scrubbing or Exfoliation:**
 - Avoid **exfoliating** treatments, scrubs, or harsh cleansers for at least 1-2 weeks.
 - Keep the skin hydrated by using a gentle moisturizer.
3. **No Hot Environments:**
 - **Avoid saunas, steam rooms, and hot tubs** for 24-72 hours to prevent excessive heat exposure.
 - **Avoid strenuous exercise** or activities that lead to heavy sweating for the first 48 hours.
4. **Bruising and Darkening of Pigmentation:**
 - Any pigmented areas or dark spots that were treated may become darker and crusty. This is normal, and it's important **not to pick or scratch** the skin, as it could cause scarring or irritation.
 - The treated spots will gradually fade, typically over 7-10 days.

Long-Term Care (2 Weeks and Beyond):

1. **Continue Sun Protection:**

- Sunscreen should be used **daily** to prevent further sun damage and hyperpigmentation. Reapply sunscreen frequently, especially if you're sweating or swimming.
- **Avoid tanning** for 2-4 weeks after treatment.
- 2. **Avoid Irritating Products:**
 - For at least **2 weeks**, avoid skincare products with **retinols, vitamin C, glycolic acids**, or any exfoliating agents that might irritate the skin.
 - Opt for gentle, hydrating skincare products that won't strip the skin.
- 3. **Subsequent treatment or Follow-Up Appointment:**
 - Next treatment is scheduled 3-4 weeks later
 - Post photos are done after 3 sessions completed for review

Important Do's and Don'ts:

- **Do** hydrate your skin with a soothing, hydrating lotion or aloe vera gel if needed.
- **Do** follow your provider's specific instructions as they may have tailored advice for your skin type and treatment.
- **Don't** pick, peel, or scratch any scabs or dark spots that appear post-treatment.
- **Don't** expose treated skin to direct sunlight without protection for a few weeks.

Top Product choices during the healing stage:

ZO Soothing ointment
ZO or Viver gentle cleanser
Viver Derma V
ZO Recovery Creme

If any unusual side effects occur (e.g., severe pain, blistering, or significant redness), patients should reach out to their healthcare provider immediately.