



**Don Mehrabi MD FAAD**  
Board Certified Dermatologist

## Post IPL / VBeam Care Instructions

You may shower tonight after your treatment. Do not scrub or exfoliate skin and gently pat your skin dry.

Immediately after your treatment you may place a cold pack over the treatment areas to help reduce any redness, swelling or discomfort. Recommended topical lotions or creams may also be applied to help alleviate any itchiness or stinging that may occur.

It is imperative that you use a mild sunscreen with an SPF of at least 30 and avoid any direct and indirect sunlight during the course of treatment. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive the first 48 hours following the treatment. To achieve the best results and to protect your skin from future sun damage, sun block is recommended as part of your every day skin care routine once undergoing IPL / VBeam treatments.

Do not use skin exfoliants, Retinols alpha-hydroxy acids (AHA's) or bleaching creams for 10 – 14 days after your treatment.

### General Information

Potential side effects may include: redness, swelling, blisters, burning, and skin sensitivity. This could last 1–3 days. If you feel that you are having a problem, please call our office at 310.205.3555 or 818.914.7546 so that we may assist you. If after hours, please hit option 1 to be connected to a provider.

Patients may experience a significant redness in the treatment area for up to 3 days after treatment. This redness may persist longer particularly in areas other than on the face.

Pigmented areas will initially look darker with a reddened perimeter and may start flaking off in approximately 1 – 3 weeks. The pigmented areas continue to fade over the next several weeks. **Blistering after treatment is rare but can occur. Crusts and scabs may develop as a result and will usually heal in 2 –3 weeks. If this occurs, please contact us immediately so that we may assess the areas.**

Beverly Hills ● Encino-Tarzana ● Glendale

9735 Wilshire Blvd. Ste 421 Beverly Hills, CA 90212 ● 5620 Wilbur Ave. Ste 211 Tarzana, CA 91356 ● 1505 Wilson Ter Ste 320 Glendale, CA 91206

T: 310.205.3555 / 818.914.7546 ● F: 310.205.3553 ● BHSkin.com