



**dermalogica**

# intense pulsed light post-treatment instructions

Aftercare is critical for achieving your healthiest-looking skin, so we want to make sure you know exactly what to do.

## up to 12 hrs after

- Do not apply make-up.
- You may wash your face with UltraCalming™ Cleanser and use UltraCalming Redness Relief Essence, followed by Calm Water Gel and Super Sensitive Shield SPF30.

## up to 48 hrs after

Avoid excess heat (hot showers, heated pools, saunas) and all exercise.

## up to 2 weeks after

- Avoid waxing and/or use of chemical depilatories.
- Avoid any chemical peels in the treatment area.

## up to 72 hrs after

- Avoid sweaty exercise and sun exposure.
- Avoid active skin care (including AHA/BHAs, exfoliants, Vitamin A, Retinol, etc.)
- If you must wear make-up, use mineral-based, oil-free make-up.
- Avoid Retin-A, Renova, and Tazorac for 3-7 days.

## up to 4 weeks after

- Continue avoiding sun exposure and use of tanning beds, as well as self-tanning products.
- Wear a protective hat and Broad Spectrum physical sunscreen, such as Super Sensitive Shield SPF30, to guard against incidental sun exposure while driving, walking, etc.

Should you have any concerns after your treatment, please contact your Dermalogica skin therapist.