The Danebury Practice

IPL LASER AFTERCARE GUIDELINES

Thank you for choosing The Danebury Practice for your Lynton IPL treatment.

IPL (Intense Pulsed Light) uses controlled pulses of light to target specific concerns within the skin, including pigmentation, redness and visible vascular changes. Following treatment, the skin may feel warm, flushed or sensitive. These effects are usually temporary and form part of the normal healing response.

Please follow the aftercare guidance below to support your skin's recovery and help optimise your results.

Immediately after treatment

Your skin may appear slightly red or flushed and may feel warm, similar to mild sunburn.

You may experience:

- Mild redness.
- Warmth or tingling.
- Mild swelling.
- Sensitivity or tenderness.
- Temporary darkening of pigmented areas.
- A feeling of tightness.

These reactions are generally temporary and should gradually settle.

We recommend keeping the skin **cool, clean and well moisturised** following treatment.

For the first 24–48 hours

Please avoid:

- Hot baths and very hot showers.
- Saunas and steam rooms.
- Hot tubs.
- Strenuous exercise or activities causing significant sweating.
- Swimming.
- Alcohol if it causes flushing.
- Facial massage or treatments involving pressure over the treated area.
- Excessive heat.
- Prolonged direct sunlight.

Avoid touching, rubbing or scratching the treated skin unnecessarily.

Skincare

Use gentle, soothing skincare while your skin settles.

We recommend:

- A gentle cleanser.
- A simple, hydrating moisturiser.
- A broad-spectrum **SPF 50** every morning.

If recommended by your practitioner, a soothing post-treatment product such as **Lynton Light Soothe** can be applied to help calm and moisturise the skin. Lynton specifically recommends Light Soothe following IPL/laser treatment and daily SPF protection.

For approximately **5–7 days**, or until the skin has completely settled, avoid:

- Retinol/retinoids.
- Glycolic, lactic or salicylic acid.
- Exfoliating acids.
- Physical scrubs.
- Exfoliating devices.
- Strong active skincare products.
- Products that cause stinging or irritation.

Your practitioner may advise a longer period depending on the treatment performed and your individual skin response.

Pigmentation treatment

If your IPL treatment was performed to target pigmentation, you may notice that treated pigment initially becomes **darker or more pronounced** before gradually fading.

This is an expected response.

Do not pick, scratch, peel or exfoliate the treated areas.

Allow any pigmentation or superficial skin changes to resolve naturally. Picking can increase the risk of prolonged inflammation and pigmentation changes.

If a blister or graze develops

Although uncommon, blistering or superficial grazing can occasionally occur following IPL treatment.

If this happens:

- **Do not pop or pick the blister.**
- Keep the area clean and dry.
- Do not remove or deroof the skin.
- Do not exfoliate the area.
- Allow the skin to heal naturally.

Please contact The Danebury Practice so that we can advise you appropriately.

Lynton's clinical guidance specifically advises that blisters or grazes should not be popped, picked or scratched.

Sun protection – particularly important

Strict sun protection is essential following IPL treatment.

Please:

- Use **SPF 50 daily**.
- Avoid prolonged direct sunlight.
- Avoid sunbeds.
- Wear a hat and protective clothing when appropriate.
- Reapply SPF regularly when outdoors.

UV exposure following IPL can increase the risk of unwanted pigmentation changes. Lynton specifically recommends UV avoidance and SPF protection following pigmentation-related reactions.

Exercise and returning to normal activities

Most patients can return to normal daily activities following IPL.

However, avoid strenuous exercise and significant heat exposure for the first **24–48 hours**, particularly if the skin remains red or warm.

Once the skin has settled, you can gradually return to your usual routine.

When will I see the results?

Results develop progressively as the skin responds to the IPL treatment.

For pigmentation treatments, the targeted pigment may initially become darker before gradually fading.

For redness and vascular concerns, improvement may develop progressively over the following days and weeks.

A course of treatments may be recommended depending on your individual skin concerns and treatment goals.

When should you contact us?

Please contact The Danebury Practice if you have any concerns, particularly if you experience:

- Increasing rather than improving pain.
- Significant or worsening swelling.
- Persistent or increasing redness.
- Significant blistering.
- Broken skin or extensive grazing.
- Marked or unusual skin discolouration.
- Increasing tenderness or warmth.
- Signs of infection.
- Any unexpected or worsening symptoms.

If you develop significant skin changes or pigmentation changes, please contact us before undertaking any further IPL treatment. Further treatment should be postponed until the skin has fully recovered.

If you experience a medical emergency, please call **999**.

If you have any questions or concerns following your treatment, please contact The Danebury Practice. We are always happy to advise you.

The Danebury Practice
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