



Post Care Instructions for Cutera Excel V and IPL Laser Treatment

1. Immediate Aftercare:

- **Cooling:**
Apply a cold compress to the treated area for 10-15 minutes every hour as needed for the first 24 hours to reduce discomfort and swelling.
- **Redness and Swelling:** Mild redness and swelling are common and can last from a few hours to a few days. *This is a normal response to the laser treatment.*

2. Sun Protection:

- **Avoid Sun Exposure:** Keep the treated area out of direct sunlight for at least 2 weeks post treatment. Use a broad spectrum sunscreen with an SPF of 30 or higher when you are outdoors.

3. Gentle Skincare:

- **Cleansing:** Use a gentle, non abrasive cleanser to wash the treated area. Avoid hot water and pat the area dry with a clean, soft towel.
- **Moisturizing:** Apply a soothing, fragrance-free moisturizer to the treated area twice daily or as needed to keep the skin hydrated.

4. Avoid Heat and Irritation:

- **Avoid hot showers or baths, saunas, steam rooms,** for at least 48 hours post-treatment to prevent irritation and prolong healing.
- **Refrain from vigorous exercise or activities that cause excessive sweating** for 48 hours, as sweat can irritate the skin.

5. Avoid Harsh Products:

- **Do not use exfoliating products, scrubs, or any products containing retinoids, glycolic acid, or salicylic acid** on the treated area for at least one week.

6. Do No Pick or Scratch:

- **The treated area may form scabs or crusts as it heals, or bruises.** Do not pick or scratch or scrub the skin. Allow the skin to heal naturally to avoid scarring.

7. Monitor for Side Effects:

- It is **NORMAL** to experience temporary redness, swelling, and slight discomfort.
- It is **UNCOMMON** to have severe pain, excessive swelling, blistering, or signs of infection such as redness, warmth, with pus.

8. Follow-Up Care

- A follow up appointment is recommended to assess your progress and discuss additional treatments.
- ***These lasers work best when done once a month for a series of 3-4 months***

If you have any questions or concerns, please call the office at 949-706-7886