



Pigmented Lesion Treatments (IPL, Excel V, PICO): Pre & Post Care Guide

About the Treatment

IPL (Intense Pulsed Light) uses broad-spectrum light to reduce redness, sun damage, and pigmentation while stimulating collagen for a smoother, more even complexion. **Excel V** is a laser treatment designed to target benign vascular and pigmented lesions, effectively reducing redness, broken capillaries, and discoloration. **PICO Genesis** uses advanced laser technology for overall skin revitalization, helping to even out mottled or diffuse pigmentation and treat melasma. Multiple sessions are typically needed for full results. Improvements happen gradually as your body clears pigment and stimulates collagen.

Before Your Treatment

- Avoid direct sun exposure & tanning, spray tans and any other self-tanners on the area being treated for at least 2-4 weeks.
- Discontinue active skincare like retinoids, glycolic or salicylic acids, and other exfoliants 3–5 days before treatment to keep your skin calm and ready.
- Shave the treatment area 24 hours before your appointment.
- Avoid skincare products (lotions, oils, makeup) on the day of treatment.
- Discuss allergies and medications: let your provider know if you're on antibiotics, Accutane, or other photosensitizing drugs. If you have a history of HSV-1 or HSV-2 in the area being treated, taking an antiviral 24–48 hours before and after your session can help prevent an outbreak.

What to Expect During Treatment

- You may feel a mild snap or gentle warmth on the skin, along with a quick flash of light.
- Cooling gels will be used for comfort.
- Treatment time depends on the size of the area.

After Your Treatment

- Redness, mild swelling, or temporary darkening of treated spots is normal.
- Avoid active skincare products like retinoids or chemical peels for 24–48 hours. Gentle cleansing and moisturizing are recommended, and makeup can be applied after your treatment.
- Avoid direct sun exposure for 2 weeks after treatment. Use SPF 30+ daily.
- Do not pick, scratch, or exfoliate the treated areas.
- Avoid hot showers, saunas, and strenuous exercise for 24–48 hours.
- Pigmentation may darken slightly before fading.