



INTENSE PULSED LIGHT (IPL) SKIN TREATMENTS

BEFORE YOUR APPOINTMENT

- It is imperative that you avoid sun exposure and tanning beds for at least four weeks prior to your treatment
- Avoid applying Self Tanner, to the treatment area, for 10 days prior to the treatment.
- Avoid aspirin and ibuprofen for one week prior to your treatment, as this may increase bruising. Inform your Beautician if you are taking blood thinners or regularly take aspirin or ibuprofen
- Avoid alcohol for two days prior to the treatment
- Inform your Beautician if you have taken Accutane (oral acne medication) in the past year.
- Stop using topical products such as retinols (Vitamin A) and glycolic acid products for three days prior to treatment.

THE DAY OF YOUR APPOINTMENT

- Please arrive without creams or makeup on the area to be treated.

AFTER YOUR TREATMENT

- Your skin may be temperature sensitive for a few days after treatment.
- Brown spots and freckles will appear darker when healing, they may crust and flake off, like dry skin, within 7 to 10 days
- Depending on the treatment that you have received, it can take 4 - 6 weeks to see the full result and two to three treatments may be required to achieve an optimum result.
- The sessions are designed to provide no downtime however, occasionally you may find that your cheeks and under eye areas are slightly puffy after treatment. You may use cold compresses (5 minutes on and 10 minutes off) for several times an hour to help ease both redness and swelling.
- Blistering and crusting are not common; however if these do occur a thin layer of over the counter antibiotic ointment can be applied two to three times a day for three days, Aloe Vera can also be used. Do not pick or scratch the skin. Do not burst the blister. Treat the wound as if treating a burn.

AFTERCARE

- Use mild cleansers and moisturisers
- Avoid Perfume, AHA and BHA based skin care products and jewellery that may rub
- Avoid Spa's, Swimming pools, Saunas and excessive exercise for 48 hours and activities which might cause flushing for two days after treatment.
- Avoid aspirin, ibuprofen and alcohol for two days after treatment.
- Avoid topical products such as retinols (Vitamin A) and glycolic acid products for one week after treatment.
- Avoid direct sunlight on the treated area and use a SPF 30 or greater for 4 – 6 weeks after your treatment.
- Whilst the skin feels sensitive, continue to apply Aloe Vera to the treated area
- Aftercare instructions must be followed to prevent and reduce any complications.