



## **IPL IMPORTANT CARE INFORMATION BEFORE, DURING AND AFTER TREATMENT**

1. Avoid tweezing, waxing, electrolysis, tanning, tanning agents and solarium use as this will affect the efficiency, results and safety of the treatment.
2. Avoid unnecessary sun exposure and photo-sensitising products (retinoids, hydroquinone, tanning agents) for at least 30 days before and after treatment.
3. You must wear sunblock and keep treatment area covered from sun at all times.

## **POST TREATMENT CARE AND OBSERVATIONS**

1. Mild sunburn-like sensation is expected. This usually lasts 2-24hours but can persist for up to 72 hours.
2. Mild swelling and/or reddening of the treated areas or around the hair follicles may occur; this is normal and denotes that the treatment has been successful. These side effects will reduce within 24-48 hours after treatment.
3. Although most clients do not feel any significant discomfort, a soothing cream can help sooth the area but should not be used on skin and open wounds.
4. Avoid applying perfume or perfumed body lotions, aftershave, makeup or deodorant for 48 hours.
5. On the night following treatment, you should avoid hot water, gently cleanse skin with lukewarm water only, and hydrate it with a suitable moisturiser.
6. Avoid heat treatments such as saunas, steam rooms, spa baths and excessive perspiration.
7. Avoid aggressive scrubbing and use of exfoliants, until treatment area has returned to its pre-treatment condition.
8. Use a high SPF / total sunblock everyday - even when cloudy.

## **IF THE AREA TREATED FEELS TENDER OR WARM**

1. Apply ice or cold packs to the treatment area 10-15mins every hour for the next 4 hours as needed. An oral non-steroidal anti-inflammatory may be taken to reduce discomfort.
2. If skin blisters or is overly-red apply an antibiotic cream twice a day.
3. Please advise us immediately if you notice any signs of blistering, infection, persistent pain or pigmentation changes on the treated area.