

LASER/IPL HAIR REMOVAL

PRE-TREATMENT CARE

DISCONTINUE

- **Accutane** 6 months prior to treatment
- Use of **Retinoic Acid** products 2 weeks prior to treatment
- Using **bleaching creams** for 2 weeks prior to treatment and perfumed products (example: Aromatherapy oils/Essential oils, perfumed skin care etc.) for 48 hours before treatment

AVOID

- **Sun exposure**, or the use of tanning beds for **four to eight weeks** (dependant on the skin type of patient), and self-tanners for at least four weeks, prior and/or in between IPL treatments
- **Microdermabrasion's**, or peels for *two weeks prior* to treatment
- Depilating for at least 6 weeks prior to your first treatment. **Do not depilate with waxing, sugaring, plucking, threading or hair removal creams before and/or in between IPL treatments. Shaving is permitted and recommended.**

DISCLOSE & REPORT

- All skin diseases, viruses, infections, cold sores, eczema or allergies to treating Practitioner
- Report all medication taken within two weeks of the treatment

DO NOT

- Exfoliate, use glycolic acid, benzyl peroxide or any other skin irritants one week prior to IPL treatments.
- Use sun blocking creams within 12 hours of scheduled treatments. Consider wearing protective clothing, cotton gloves for driving, or a hat to protect facial areas
- Go swimming in strong chlorinated water immediately before an IPL session.

REASONS TO RESCHEDULE TREATMENT

- If the skin is red, irritated, or sunburned, the IPL treatment *must be rescheduled*.

PLEASE BE ADVISED

HOT AND HUMID WEATHER CONDITIONS CAN AGGRAVATE SKIN IN THE PERIOD IMMEDIATELY BEFORE AND AFTER TREATMENT.

POST-TREATMENT CARE

AVOID

- Direct sunlight, tanning beds or self-tanners for at least 2-3 weeks after a treatment.
- Avoid touching, rubbing, peeling, or picking of the skin in treatment area, as this may cause hyper/hypo pigmentation, scarring or infection.
- Strenuous exercise for 24-48 hours following clinical treatment.
- Swimming in strong chlorinated water 24 hours after an IPL session.
- If there are scabs or blisters, make-up should not be used for 3-4 days
- Hot baths, showers, hot tubs, and saunas 1 week post treatment. When showering and washing, gently pat dry and do not rub.

CARE

- Apply Sun Protective Cream of SPF 50+, 15 minutes prior to sun exposure, and 15 minutes afterwards. Keep reapplying as needed throughout the day. Consider using protective cotton gloves for driving, a hat to protect facial areas.
- SHEDDING HAIRS: A few days after the redness etc. has faded you may notice small brown dots. These are treatment affected hairs. They can take up to 3 weeks to come out of the body. You can assist the process by using a dry face cloth or soft loofah or even shave them out.
- BE GENTLE & KEEP IT CLEAN: The area treated is delicate so treat it with care. Use a mild soap or cleanser. If pimples, crusting, or scabbing occur use Do not pick scabs, crusting or any lesion. If you have open areas on your face don't wear makeup on top to cover.
- Gently apply pure Aloe Vera gel or antibiotic ointment to the treated area, twice daily until healed and dry.
Use Polysporin cream not Ointment, Aloe gel, clear Vitamin E gel, sunburn products or cool cloths as often as desired.
- Avoid touching the area and if you do be sure to clean your hands before.
- A "cold pack" may be placed over the treated area to reduce swelling and/or discomfort for the first 2-3 days. Discomfort is usually minimal, but pain medication can also be taken for pain and swelling if required.

PLEASE BE ADVISED

- If you develop any areas that appear to be infected (red, oozing, painful) you need to let the clinic know and contact your doctor or go to emergency.