

Your IPL REJUVINATION Journey

DAILY

A sunscreen with SPF 30 or greater should be applied. If you haven't found one you love, try our Mineral Pro, tinted or non tinted S49.

4 WEEKS PRIOR

- Avoid the use of fake tan and gradual tanning products in the treatment area.
- Avoid tanning and incidental sun exposure, including between treatments. The area needs to be covered and protected from the sun for a safe and effective treatment.
- Avoid waxing, plucking, threading (or remove the hair from the follicle), using depilatory creams or undertaking electrolysis, including between treatments.
- Avoid filler injections in the treatment area.
- Prepare the skin with suitable skincare, this will include a tyrosinase inhibitor for Fitzpatrick Skin Types III plus and any skin prone to post inflammatory hyperpigmentation (PIHP). We recommend O Cosmetics B3 Plus.

2 WEEKS PRIOR

- Avoid prescription strength exfoliant creams in the treatment area.
- Avoid antiwrinkle injections (Botox/Dysport) in the treatment area.

1 WEEK PRIOR

- Avoid benzyl peroxide application on the treatment area.

3 DAYS PRIOR

- Avoid cosmeceutical Vitamin A (retinol), AHA's & BHA's, and Vitamin C application.

12-24 HRS PRIOR

- Please shave the treatment area thoroughly if required.

WE NEED TO KNOW

Throughout your treatment course, it is important to advise us of any of the following as these will influence treatment safety and efficacy.

- Sun Exposure or fake tan application on the treatment area within the past 4 weeks.
 - Any new health conditions, or if you have been unwell.
 - Commencing any new medication (including short term doses).
 - Changes to current medications or supplements.
 - If you are trying to become, or have become pregnant.
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SKIN TONE CORRECTION/PIGMENTATION

- A mild sunburn-like sensation is expected. This usually lasts 2 to 24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2 to 3 days. In some cases, prolonged redness or blistering may occur.
 - The treated area may initially look raised and/or darker with a reddened perimeter. Apply cool/ice compresses to treatment areas for 10 to 15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation.
 - The treated area will gradually turn darker over the next 24 to 48 hours. It may turn dark brown or even black.
 - The treated area will progress to scabs/crusting and will start flaking off in 2 to 3 days.
 - The treated area is usually healed in 7-10 days. It will continue to fade over the next 2 to 4 weeks.
 - Direct sunlight to the treated area should be avoided. Daily application of an SPF30 is recommended to prevent development of new lesions.
 - There is a possibility of hair loss in the treated area, when being treated for pigmented lesions.
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REDNESS REDUCTION

- Mild sunburn-like sensation is expected. It usually lasts 2 to 24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2 to 3 days. This can be treated with cold packs.
 - Apply cool/ice compress to treatment areas for 10 to 15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation.
 - The treated area can be gently cleansed and topical hydrocortisone cream can be applied if needed.
 - A significant amount of swelling can be experienced post treatment. It is recommended not to lie flat to avoid the accumulation of swelling, and gentle, light massage can also assist in the movement of residual fluid. Swelling will typically subside in 2-3 days.
 - The vessels undergo immediate greying or blanching. In some cases, only a slight purplish change is noted.
 - Vessels will partially resolve in about 10 to 14 days and areas of diffuse flushing gradually fade leaving skin with normal appearance.
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SKIN REJUVINATION

- Mild warmth or sunburn-like sensation is to be expected. This can last from a few hours to 24 hours post treatment.
 - Little to mild redness may be experienced, however will subside quite quickly.
 - Some minor dry or flaking skin may be experienced 1-3 days post treatment, Do not pick, keep skin well hydrated and allow skin to heal spontaneously.
 - Gentle exfoliation may be performed 72 hours post treatment.
 - Until redness has completely resolved, avoid all of the following:
 - No active cosmetics on treated areas (including AHA/BHA's, Vitamin A, Vitamin C and physical exfoliants). No swimming, especially in pools with chemical/chlorine
 - No hot tubs and jacuzzis
 - No exercise or activities that cause excessive perspiration
 - Avoid sun exposure to treated areas
 - Do not pick, scratch or remove scabs as this will cause unwanted side effects
 - Increased photosensitivity to UV, Laser and IPL can occur when taking certain medications. During your treatment programme, if you have commenced or changed dosage with the following medications, you must advise your clinician:
 1. Antibiotics – doxycycline (acne), minocycline, Tetracyclines, Sulphonamides
 2. Antihistamines – Diphenhydramone, Cyproheptadine
 3. Antidepressants
 4. Herbal preparations – St Johns Wort, Ginko Biloba, Citrus Oils, Herbal HRT therapies**Taking these medications does not exclude you from IPL treatments; however, extra precautions are applicable in these cases.**
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SKIN CLEARING

- A mild warmth or sunburn-like sensation is expected. This can usually last from 1 to 24 hours.
 - Little to mild redness may be experienced but will subside quite quickly.
 - Minor dry, flaking skin may be experienced post treatment as lesions heal. Please do not pick or pull and allow the Skin to heal spontaneously.
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Find us on Facebook and Instagram for before & after photos

