

IPL CAPILLARY REMOVAL PRE-TREATMENT NOTES AND RECOMMENDATIONS

- One treatment is often enough to achieve the desired result, but 2 or 3 treatments may be needed for optimal results.
- Treatments are performed at 4 to 6 weekly intervals.
- Avoid tanning, including self-tanning lotions, tanning bed/booths or sun exposure, for 4-6 weeks prior to treatment. **A sunscreen with SPF 30+ or physical sunblock should be used on any area of sun-exposed skin, which you plan to treat.** This is required as Intense Pulsed Light is attracted to melanin, the pigment (colour) found in hair and skin. Excess colour in the skin can cause complications.
- A recent tan is also a potential problem as the light will be attracted to the excess stimulated melanin in the skin also possibly causing hyper or hypo pigmentation
- If you are having rejuvenation or pigmentation treatments on the hands, it is advised to wear cotton gloves when driving, gardening or playing outdoor sports.

IPL CAPILLARY REMOVAL POST-TREATMENT NOTES AND RECOMMENDATIONS

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist for up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2-3 days. Although rare, in some cases, prolonged redness or blistering may occur.
- The treated lesion/s may initially look raised and/or darker with a reddened perimeter. Apply cool/ice compresses to treatment areas for 10-15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation.
- The lesion/s will gradually turn darker over the next 24-48 hours. They may turn dark brown or even black and will progress to scabs/crusting and will start flaking off in 2-3 days.
- Do not pick, scratch or remove scabs. This will prevent unwanted side effects such as infection and scarring.
- The lesion/s usually heal in 7-10 days and will continue to fade over the next 2-4 weeks.
- Avoid smoking and alcohol for at least two hours before and after (preferably for the whole of the day).
- If you can refrain from the use of make-up that day this will also give the chance for the skin to cool naturally.
- Try to use cleansing products that have been developed for sensitive skin for 2 days after treatment. Avoid exfoliating the treated area and be gentle when drying the area.
- Strict avoidance of tanning beds or sunbathing for at least 4 weeks after treatment is advised. Direct sunlight to the treated area should be avoided. Daily application of a SPF15+ sunblock is recommended to prevent development of unwanted side effects.

If you have any questions or concerns regarding your treatment please call your Skinovations clinic.