

IPL HAIR REMOVAL (Permanent Hair Reduction)

PRE-TREATMENT NOTES AND RECOMMENDATIONS

- Avoid waxing, plucking, depilatory creams or electrolysis for 4 weeks prior to treatment, and at all times in between treatments.
- Avoid use of prescription strength exfoliant creams (Retin-A and alphahydroxy acids) for 2 weeks prior to treatment.
- Either on the day of your treatment or the day before your treatment, please shave the area to be treated. If you carefully prepare the treatment area this will optimize the treatment outcome. If you are unable to shave the area then one of our therapists will do so for a fee.
- 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 because Intense Pulsed Light is attracted to melanin, the pigment [colour] found in hair and skin. Hair needs to have colour for hair removal treatment to be effective, but if there is colour in the skin there can be complications such as hyper (darkening) or hypo (lightening) pigmentation, blistering, crusting and/or scabbing.
- For effective hair removal it is important to have treatments at regular intervals. We recommend a treatment every 4 weeks for facial hair and a treatment every 6-8 weeks for body hair.
- Note : This treatment does not work on hair if there is no pigment in the hair i.e. White and grey hair

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POST-TREATMENT NOTES AND RECOMMENDATIONS

- A mild sunburn-like sensation is anticipated. This usually resolves within 2-3 hours of treatment, but may persist for up to 2 days. Application of chilled aloe vera gel or an ice pack every hour for 5-10 minutes may be soothing to the skin. Continue until symptoms subside.
- Bathe or shower as usual. Treated areas may be temperature sensitive. Avoid use of strongly scented lotions or soaps, prescription strength exfoliant creams, loofa sponges, and aggressive scrubbing to the treated areas during the healing phase.
- Until redness has completely resolved (usually 1-2 hours), avoid all of the following:
 - Shaving
 - Swimming, especially in pools with chemicals/chlorine
 - Hot tubs and jacuzzis
 - Activities that cause excessive perspiration
 - Applying scented creams
- Although rare, allow any blistered or open areas to heal spontaneously. If healing is delayed a thin coating of Solugel may be advised. Do not pick at these areas. Picking may result in infection or scarring. Allow any crusting to heal spontaneously, crusting will resolve in 3-14 days.
- Appearance of “stubble” may appear in 1-4 weeks. This is not hair regrowth. It is the remnant of treated hairs being expelled from the treated follicles. Allow this hair to fall out on its own or by gently washing with a warm wet washcloth. Do not pluck or tweeze. Cutting or shaving is acceptable between treatments
- 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 SPF50 sunblock is recommended to prevent development of unwanted side effects.

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