

IPL PIGMENTATION 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.
- Results will vary. Not all pigmentation will fade completely. Usually sun damage typically seen on backs of hands, forearms, décolletage and face will respond well.
- Hormonal pigmentation and other pigmentation with a medical cause may not respond as rapidly, but we may prescribe topical skin lightening to aid the fading process.
- It may be difficult to assess the degree of results before treatment commences, but one initial treatment will give an indication as to whether the pigment is likely to reduce, then further treatments can be performed if needed.
- 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 PIGMENTATION 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 a Skinovations clinic.