

HAIR REDUCTION TREATMENT



TREATMENT CARE INSTRUCTIONS

PRE TREATMENT

Discontinue Accutane 6 months before treatment.

Discontinue Retinoic Acid 2 weeks to treatment.

Avoid sun exposure or the use of tanning beds and self-tanners for at least four to eight weeks, prior and/or between treatments (dependent on skin type).

Report all skin diseases, viruses, infections, cold sores, eczema or allergies.

Do not exfoliate, use glycolic acid, benzyl peroxide or any other skin irritants for one week prior to treatment.

Avoid microdermabrasions or peels for two weeks prior to treatment.

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

Report all medication taken within 2 weeks of the treatment.

Avoid depilating for at least 6 weeks prior to first treatment. No waxing, sugaring, plucking, threading or removal creams before or between treatments. Sloughing permitted/recommended.

Discontinue bleaching creams for 2 weeks before treatment and perfumed products (eg. essential oils) for 48 hours before treatment.

Avoid strongly chlorinated water immediately before on IPL treatment.

Do not use sunscreen within 12 hours of treatment. Cover skin in sun.

POST TREATMENT

Avoid direct sunlight, tanning beds or self-tanners for at least 2-3 weeks after treatment.

Apply SPF 50+, 15 minutes prior to sun exposure and 15 minutes afterwards. Keep reapplying as needed throughout the day.

Consider using protective gloves for driving, or a hat to protect facial areas.

Avoid make up, antiperspirants or topical creams, which may not allow for the skin to properly breathe, for 24 hours post treatment.

Avoid touching, rubbing, peeling or picking of the skin, as this may cause hyper/hypo-pigmentation, scarring or infection.

Gently **apply pure Aloe Vero** gel or antibiotic ointment, to the treated area twice daily until healed and dry.

Discomfort is usually minimal, but pain medication can also be taken for pain and swelling if required (please consult a doctor before proceeding).

A 'cold pack' may be placed over the treated area to **reduce swelling and/or discomfort** for the first 2-3 days.

For 1 week, **avoid hot baths, showers, hot tubs** and saunas. When showering and washing, gently pat dry and do not rub.

Avoid strenuous exercise for 24 - 48 hours following treatment.

Avoid strongly chlorinated water immediately before on IPL treatment.

Hot and humid weather conditions can aggravate skin in the period immediately before and after treatment.