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## IPL Pre/Post Instructions

- Do not expose skin to UV (sun exposure or the use of tanning beds) or self tan for at least 4 weeks before and/or between IPL or laser treatments
- Do not depilate with waxing, plucking or threading (shaving or depilatory creams are acceptable) before and/or between IPL or laser treatments
- Do not use bleaching creams, or perfumed products (e.g. aromatherapy oils) for 24 –48 hrs before treatment sessions
- Avoid swimming in strong chlorinated water immediately before an IPL or laser treatment session
- Avoid exfoliating, microdermabrasion or peels for 1 week before treatment sessions
- Avoid wearing tight clothing when attending for treatment sessions,
- Keep the area clean and dry
- Hydrate the body by drinking plenty of water and
- Protect the skin from sun exposure with suitable clothing and use of sun block SPF 30+ before first treatment and between subsequent treatment sessions but do NOT use sun blocking creams within 24 hrs of scheduled treatments.

## Post Care Instructions

- Do not expose skin to UV (sun exposure or the use of tanning beds) or self tan for at least 2weeks
- Do not shave for 48 –72 hrs after treatment
- Do not depilate between IPL or laser treatments (with waxing, plucking, threading or creams) unless advised by the operator to do so
- Do not use bleaching creams, or perfumed products for 24 –48 hrs
- Do not pick or scratch the treated area
- Avoid rough handling of the area treated
- Leave any skin responses alone, these are temporary and will subside
- Avoid very hot baths / showers / steam baths / sauna for 1 week
- Avoid swimming in strong chlorinated water for 1 week
- Avoid exfoliating or peels for 1 week
- Avoid rough sports for 24 –48 hrs
- Avoid wearing tight clothing
- Keep the area clean and dry
- Hydrate the body by drinking plenty of water and
- Use of sun block min SPF 30+ and consider using protective cotton gloves for driving, a hat to protect facial areas and pants to protect legs from the sun.

Hot and humid weather conditions can aggravate skin in the period immediately following treatment. Immediately post-hair reduction laser or IPL treatments, effective skin cooling can be helpful. The use of ice or cooling gel packs, Aloe Vera gel etc., can improve skin comfort and reduce any swelling or post-treatment redness