



Post IPL Treatment Care and Advice

- Cold compresses (not ice) and recommended skin care products such as Aloe Vera may be useful to reduce swelling and erythema or general discomfort. Erythema may last for several hours.
- You may take over-the-counter pain or anti-inflammatory medication. Hydrocortisone (steroid) cream may decrease any itching or skin irritation. Antibiotic ointment (such as Neosporin) may be used if skin is broken (very rare) to prevent infection.
- Your skin will be fragile for 2 to 3 days. Use gentle cleansers, but do not rub the skin vigorously and avoid cleaning with very hot water during this time. Skin moisturisers may be used and make-up can be applied if the skin is not broken. Aloe Vera gel can help aid recovery
- Avoid sun exposure and tanning creams during the entire course of treatments. Use SPF 30 or greater on the treatment area at all times.
- The treatment area may be left open and uncovered. Do not scrub the area. Do not use any products on the treated area without first consulting your Aesthetic Therapist.
- Avoid soaking for 24 to 48 hours. No hot tubs, whirlpools or baths, but showers are allowed if tepid water is used.
- Avoid excessive sweating for 24 to 48 hours. No saunas or vigorous working out.
- Keep areas well moisturised and allow any scabs (rare) to fall off on their own. An antibiotic ointment may be used. (This is more likely to occur after treatment of pigmented lesions).
- Avoid irritants such as Retin-A, Retinol, Renova, glycolics, bleaching creams and exfoliants for one week.
- Refrain from alcohol for 3-7 days (This is particularly recommended after treatment for Thread Veins as alcohol may dilate blood vessels in the treatment area)
- Keep well hydrated • It is best to avoid smoking for a period of several weeks before and after your procedure, as smoking constricts the capillaries and taxes the immune system, thereby slowing healing and results
- Avoid photosensitivity inducing foods (notably Celery & Leek)
- Plucking residual hair is acceptable after hair removal treatment (but not before!)
- Makeup can be applied after 2 hours

On occasion, clients experience blistering that causes crusting. This usually does not occur until the following day. If it does occur, the patient can apply warm compresses and a topical antiseptic ointment. This occurrence should be relayed to your Aesthetic Practitioner as future treatments will require that the settings be adjusted.