

INTENSE PULSED LIGHT (IPL) AFTERCARE

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.

Please follow the aftercare advice for IPL treatment.

- Immediately after Intense Pulsed Light treatment, there may be redness and mild swelling at the treatment site, your skin may feel like sunburn. These effects may last just a few hours but may take up to 5 days to resolve. If you experience bruising this may take up to 2 weeks to resolve. Sometimes you may experience areas of crusting, scabbing or blistering on the skin which can take up to 10 days to resolve. Contact your practitioner at any stage if you are concerned about how the treated area is healing.
- A cold compress may help with any swelling or redness, arnica cream can help with resolution of bruising.
- Do not pick, scratch or rub the treated area, do not pick at any crusting or scabbing as this could increase the risk of scarring.
- Makeup may be used after the treatment once any redness, swelling or scabbing has resolved. This will reduce the risk of infection.
- Cleanse your skin twice a day with warm water. Use a gentle moisturiser regularly on your skin.
- Avoid sunbeds and sun exposure for 4-6 weeks after the treatment to reduce the chance of dark and light spots. Use sun protectant SPF 30 or greater.
- Avoid any irritants to your face, such as any products containing Retin-A (tretinoin), retinol, benzoyl peroxide, glycolic / salicylic acids, astringents or chemical peels for at least two weeks after treatment.
- Do not exercise, receive any body treatments, take hot showers, or use saunas or hot tubs until redness and swelling has resolved (usually 2-3 days).
- Avoid any skin exfoliation regimen until at 2 weeks after treatment.

- Hypopigmentation (lightening) or hyperpigmentation may occur with treatment. These areas will usually resolve within 4-6 weeks but may take longer to resolve. Contact your practitioner if you are concerned about any persistent pigmented areas.
- You must seek medical attention and contact your practitioner if you experience any signs or symptoms of infection after treatment. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
- Contact your practitioner as soon as possible if you experience any other unwanted side effects.
- Your practitioner will advise you when follow up appointments are needed. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.