



Contact Details

Instagram:
smoothskinsolutions_ltd

Facebook:
SmoothSkinSolutions Ltd

Email:
enquiries@smoothskinsolutions.co.uk

Your Next Appointment:

Date:

Time:

A large circular logo featuring the text "Smooth Skin Solutions" in a cursive font, with "By Emily Olivia" in a smaller font below it. A small floral branch is positioned above the word "Solutions".

By Emily Olivia

Aftercare for IPL Treatments

www.smoothskinsolutions.co.uk



Before Treatment:

- The area to be treated should be free from make up, perfume, deodorant and body or face creams.
- Avoid waxing, plucking, hair removal creams and bleaching for one month prior to hair removal treatments. Hair should be shaved prior to treatment and be no longer than 1mm in length.
- There should be no active or fake tan in the area to be treated. Use of sun-beds or prolonged exposure to sunlight is not allowed in the month prior to treatment and an SPF 30/50 must be used on the area between treatments. Suntans must be left to fade completely before treatment can start. Fake tans must also be fully faded before treatment can commence.
- We reserve the right to charge for any appointment booked but abandoned due to active sun-tan or fake tan.
- A medical history is taken prior to treatment at the consultation, but we rely on you to inform us of any changes to this. We need to know of any medication you are taking, including those brought from a chemist or herbalist.
- And lastly, remember to arrive at your appointment in good time!



Aftercare:

- In order to minimise skin heating and to reduce the likelihood of skin reactions, the treatment area may be cooled before, during and after the procedure. If the area still feels hot at home you can apply a cold flannel or cool pack. Do not allow ice packs or ice into direct contact with the skin.
- Following treatment, the area may appear red and raised and you may experience a tingling sensation. This is completely normal and should settle over the next few days.
- Occasionally you may experience swelling or bruising and this can last anything between 1-2 days or up to 1-2 weeks. If you experience swelling, it is usually worse 1-2 days after treatment. If it follows a treatment to a facial area, sleeping with your head raised on pillows will help minimise its appearance. Ice packs will also help to reduce the swelling. If your skin is particularly sensitive and prone to histamine reactions, you may also wish to consider taking an anti-histamine medication.
- Following Vascular treatments a bruise may appear at the treated area. This may last up to 15 days and as the bruise fades there may be brown discolouration of the skin. This usually fades within 1-3 months. When larger vessels are treated they may take on a darker colour. Again this may take up to four weeks to resolve as the body re-absorbs the damaged vessels.
- Make-Up can be applied after several hours, if the skin is not sore or broken. However, we advise caution if the area is feeling sensitive. Remove make up carefully as rubbing the skin can cause irritation or infection. If the skin in the treatment area becomes broken, then make up should be avoided.
- Avoid strenuous activities, saunas and steam, excessively hot baths or showers, massaging etc for 4 to 5 days.
- Wash and bathe as normal but take cool showers rather than hot baths. The skin should be patted dry and not rubbed. Use Lynton Light Soothe Serum to keep the area moisturised and the skin protected, if there is any discomfort treat the area as you would a sunburn.
- Use a sunscreen (SPF 30+) and protect the area from sunlight as much as possible between treatments and for at least one month after treatment ends. Failure to do this can lead to sunburn and hyperpigmentation of the treated area.
- If blistering occurs contact the clinic immediately for further advice. Keep the area clean and dry and allow to heal naturally. Do not use any lotions or creams on open skin as this may increase the risk of infection. DO NOT pick grazes or blisters as this may increase the chance of a scar occurring. Once the skin has healed, a high protection sunscreen should be used daily for 12 months to prevent pigmentation changes to the skin.

Aftercare Products:

15ml

50ml



Lynton Light Soothe

£10.50

£19.75



Lynton Light Protect
(SPF 50)

£15.00

£31.00





Contact Details

Instagram:
smoothskinsolutions_ltd

Facebook:
SmoothSkinSolutions Ltd

Email:
enquiries@smoothskinsolutions.co.uk

Your Next Appointment:

Date:

Time:

A large circular logo featuring the text "Smooth Skin Solutions" in a cursive font, with "By Emily Olivia" in a smaller font below it. A small floral branch is positioned above the word "Solutions".

*Smooth Skin
Solutions*

By Emily Olivia

Aftercare for Laser Tattoo
Removal

www.smoothskinsolutions.co.uk



Before Treatment:

- The area to be treated should be free from make up, perfume, deodorant and body or face creams.
- There should be no active or fake tan in the area to be treated. Use of sun-beds or prolonged exposure to sunlight is not allowed in the month prior to treatment and an SPF 30/50 must be used on the area between treatments. Suntans must be left to fade completely before treatment can start. Fake tans must also be fully faded before treatment can commence.
- We reserve the right to charge for any appointment booked but abandoned due to active sun-tan or fake tan.
- A medical history is taken prior to treatment at the consultation, but we rely on you to inform us of any changes to this. We need to know of any medication you are taking, including those brought from a chemist or herbalist.
- And lastly, remember to arrive at your appointment in good time!



Immediately After Tattoo Removal:

- The tattoo can be cooled to aid with comfort and reduce swelling.
- Lynton Light Soothe Serum will be applied after treatment and is recommended that the serum is applied 3 times daily for at least one week after treatment (Aloe Vera Gel can also be used if you haven't got the Lynton Light Soothe Serum).
- A small amount of bleeding may occur. A non-adherent dressing will be placed over the treated area if needed and secured with micropore tape.
- The tattoo may appear to be bruised with a grey or purple colour after treatment. The discolouration will fade during the next 7-12 days.
- Mild swelling, redness and tenderness can occur and will normally last for up to one week.

Aftercare Advice:

- In some instances, blisters may form in the area (more common with red tattoos) followed by a scab or thin crust. If blistering does occur keep the area **clean and dry** and allow to heal naturally. **Do not use any lotions or creams** on open skin as this may increase the risk of infection. If any scabs or crusting forms, it should be allowed to fall off on its own. The underlying skin will remain red for a few days to several weeks. **To minimise complications do not remove crusts.**
- Showering/bathing is permitted after 24 hours. Gently pat the area dry; do not rub with a towel or washcloth.
- Do not apply make-up on the treated area until it is fully healed.
- **Protect the area from the sun** for the first two weeks. Use sunblock or avoid any sun exposure on the treated area for at least one month after treatment.
- Massage may help disperse the pigment once the area is fully healed.
- If the treatment area shows any signs of infection: profound redness, pus, swelling or tenderness, inform your doctor immediately.
- Skin can develop temporary lightening (hypo-pigmentation) or darkening (hyper-pigmentation) after laser treatment. Both can be made worse by sun exposure. Pigment changes may be permanent, but will usually resolve within 3-6 months.

If you have any urgent queries please contact us by email:
enquiries@smoothskinsolutions.co.uk

Aftercare Products:

15ml

50ml



Lynton Light Soothe

£10.50

£19.75



Lynton Light Protect
(SPF 50)

£15.00

£31.00

