



....bringing technology to you

IPL Before and After Treatment Care

Please take the time to read this brochure carefully so as to make your treatment safe and to give you the best results possible.

CONSULTATION PROCESS:

Allow 30minutes Cost \$30

Prior to your first IPL treatment, **your** therapist will conduct a consultation with you to determine:

- ✧ Treatment expectations
- ✧ Contraindications
- ✧ Pain tolerance (Even though IPL technology is much gentler than traditional IPL & Laser treatments, some clients require the use of an anaesthetic cream prior to IPL treatment)
- ✧ The exact treatment area and pricing
- ✧ Treatment schedule
- ✧ Skin analysis
- ✧ **Preform a patch test to check your compatibility your chosen treatment**

All the above will result in a more effective course of IPL treatments for you. **Please take the time at this stage to ask as many questions as we are here to achieve the very best results for you!**

We are using the most advanced technology (IPL) to provide you with the safest and most effective treatments. In order to ensure the best results possible for you it is important that you carefully read this brochure and ask questions if anything is not clear, or if you require additional information before or at any stage during your IPL treatment.

Like you, we believe your skin is too important to take unnecessary risks!

PRE TREATMENT INSTRUCTIONS

Conditions that are or may be excluded **you from IPL treatments:**

Pregnancy (including those people who are attempting to conceive)

Whilst there have been no proven links between IPL treatments and birth defects, it is not considered safe to administer IPL treatments to pregnant women or those trying to conceive. Additionally, as this is generally a time of hormonal change IPL treatments may not be as effective.

Pacemakers/**Cardiac Irregularities**

Active infection or a history of Herpes in the treatment area



IPL treatment may spread the infection, so it is best to postpone treatments until there is no sign of infection

A history of Keloid scarring (raised pigmented scars)

If you are prone to keloid scarring healing can be slower and a little more noticeable.

Raised moles/suspicious skin lesions

We do not treat raised moles or areas that have the appearance of possible skin cancer until you present us with a medical certificate clearing the area of malignant growths.

Tattooed areas

People under 18 years

As the teenage years are times of constant hormonal change the effects of IPL treatments may not necessarily be as lasting as if they were administered during less hormonal times. As such, we require parental/guardian written consent to the treatments as well as customer.

Diabetes

As advanced diabetes can have a slower healing time and complications a Doctors certificate will be required prior to IPL treatments.

Epilepsy

Accutane within the last 12 months

Cease taking Accutane (isotretinoin) at least 12months prior to IPL treatments

Implants (cheek, breast)

Please consult with the IPL therapist prior to your IPL treatment to ensure there are no adverse effects.

Contraindications to Skin Care:

Chemical/green peels

Wait 2 months before IPL treatments

Botox/Collagen injections

Wait 2 weeks after injections before IPL treatments

Products with AHA or BHA ingredients

Cease using these products 1 week prior to treatments

Maintenance of a complete skin care regime is advised prior to, during and after IPL treatments to further enhance your IPL result. Consult with you therapist as to what products will benefit your outcome.

Sun Exposure:

Ensure the treatment area is not directly exposed to sun or solariums for 4 weeks prior to treatments. It is also recommended to abstain from active tanning after your treatments



Always use a sunblock that protects you from UVA & UVB rays at all times. For your face, neck and décolletage mineral makeup is recommended as this will give a broad spectrum physical block to ensure you are well protected.

Self Tanning:

Wait 1 week after self tanning treatments including lotions and sprays.

Medication

- ✧ Some medications can cause your skin to be more sensitive to light and as IPL treatments use light, we need to be fully informed of your medications and dosage. **It is requested that you bring all medications that you are currently taking to your initial consultation so that your therapist can advise you correctly.** Additionally, ANY changes to medications or dosage must be advised to the IPL therapist during the course of IPL treatments.
- ✧ Do not take aspirin, **neurophen naprosin or naprogesic** for 10 days prior to each treatment. **If you need pain relief we recommend the use of Panadol while undertaking treatment with IPL.**
- ✧ Abstain from alcohol for 24 hours prior to each treatment.
- ✧ Clients with a history of cold sores should take antiviral medication 1 day prior to the IPL treatment if upper lip, chin or bikini area is to be treated, and this should continue for 10 days after the treatment.

Skin preparation prior to treatments

Hair Removal

The treatment area needs to be free from hair prior to the treatment, however, waxing, tweezing and electrolysis cannot be undertaken for at least 4 weeks prior to the first treatment or during the IPL treatment period.

Shaving, bleaching and depilatory creams ONLY.

In order for **your therapist** to identify the treatment area accurately during the initial consultation, **do not remove hair from the treatment area prior to your 1st treatment.**

After the initial treatment the IPL therapist will advise if you need to remove hair prior to the next IPL session or not.

Skin Rejuvenation treatments

Your IPL therapist will cleanse the treatment area prior to each IPL treatment. No other skin preparation is required.



POST TREATMENT INSTRUCTIONS

The area(s) treated are more delicate and sun sensitive than those areas not included in your IPL treatment. As a result, the following instructions are important to read and follow in order to maximise the effectiveness of your treatments.

Possible immediate results:

- ◇ Slight/mild Redness
- ◇ Swelling in the treated area
- ◇ Slight blistering/crusting
- ◇ **Darkening of pigmentation**
- ◇ **Warm sensation in treated area**

The above are not usual, but can occasionally occur. Ice packs, cold compresses, **and the use of Advanced Vitamin Therapy which you therapist will prescribe will alleviate this very quickly.** Application of an antibiotic cream to blisters can assist in healing, but ensure you report all instances of blistering/crusting to your therapist.

Following Skin Rejuvenation treatments is it quite usual for freckles, pigmentation, capillaries, spider veins to go darker in the 2 weeks following treatment prior to lightening. This is a normal part of the process and no additional post treatment care is required in these instances. If crusting occurs on areas treated, **do not peel off the crusted layer**; allow it to naturally heal, thus enabling a more effective result.

Following Hair Removal treatments hair will continue to appear above the skin before falling out. This is usual as the IPL treatment procedures does NOT pull the hair from the follicle; rather it destroys the follicle, meaning that the hair already in the follicle will continue to be pushed to the skin's surface. You will notice that hair regrowth will be slower & less dense after each IPL treatment, but in order to ensure all hair in the treatment area is treated during the correct growth stage, a sequence of treatments is required. Your IPL therapist will advise you further on the treatment process during the initial consultation.

Sun Exposure:

To prevent pigmentation irregularities, it is advised that the treatment area is not directly exposed to sun or solariums during your IPL treatment period.

Always use a sunblock that protects you from UVA & UVB rays at all times.

Self Tanning methods:

Wait 1 week after self-tanning treatments including lotions and sprays.

Medication



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Skin care

To achieve maximum results from your IPL Skin Rejuvenation we recommend the use of Advanced Vitamin Therapy. Speak to your therapist about the best prescription for your skin type

Care for the treated area gently for 4-5 days following IPL treatments. Avoid harsh scrubbing, exfoliation of the area for **at least 1 week post** treatment.

Makeup and product can be applied immediately following treatments. **We recommend the use of mineral makeup which is a broad spectrum physical sun block.**

**You Have Invested Your Time and Money in Your IPL Skin Rejuvenation
MAKE SURE YOU LOOK AFTER YOUR INVESTMENT!**