

IPL Hair Removal Treatment Prep & Post Care

Pre- Treatment

- Strictly no tanning and incidental sun exposure, including self-tanning lotions and tanning bed/booths for four weeks before and between treatments.
- Do not wax, pluck, use depilatory creams or undertake electrolysis for four weeks before treatment.
- Do not use prescription strength exfoliant creams (Retin-A and Alpha Hydroxy) on the area for two weeks before treatment.
- Please shave 24 hours before all treatments.
- Sun Protection should be used on areas of sun-exposed skin you plan to treat.

What To Expect

- A mild sunburn-like sensation is anticipated. This usually resolves within 2-3 hours of treatment but may persist for up to 2 days.
- Appearance of "stubble" may appear in 1-3 weeks. This is not hair regrowth. Instead, it is the remnant of treated hairs expelled from the IPL-damaged follicle. Allow this hair to fall out of the skin or encourage it with gentle exfoliation.
- Do not pluck or tweeze. You may shave during this period.

Post Treatment

- If you experience inflammation or Redness, applying a cold compress every hour for 5-10 minutes may be soothing to the skin. Continue until symptoms subside.
 - Avoid sun exposure to treated areas. Apply sunblock with SPF daily to sun-exposed treated areas between treatments and 4-6 weeks after the last treatment.
 - Bathe or shower as usual. Treated areas may be temperature sensitive. Avoid using extremely hot water, strongly scented lotions or soaps, prescription strength exfoliant creams, loofah sponges and aggressive scrubbing to treated areas during the healing phase.
 - Allow any crusting to heal spontaneously, crusting will resolve in 3-14 days.
 - Your clinician will advise you when you should schedule your next appointment. It is essential to adhere to this regime.
- Until the Redness has Completely Resolved, Avoid All of the Following.
- No active cosmetics on treated areas (including AHA/BHA's, Vitamin A, Vitamin C and physical exfoliants etc.).
 - No swimming, especially in pools with chemicals/ chlorine.
 - No hot tubs and jacuzzies.
 - No exercise or activities that cause excessive perspiration.
 - Avoid sun exposure to treated areas.
 - Do not pick, scratch, or remove scabs, which will cause unwanted side effects.
 - Increased photosensitivity to UV, Laser, and IPL can occur when taking certain medications.
 - During your treatment program, if you have commenced or changed dosage with the following medication, you must advise your clinician:
 1. Antibiotics- Doxycycline (acne), Minocycline, Tetracyclines, Sulphonamides
 2. Antihistamines- Diphenhydramone, Cyproheptadine
 3. Herbal Preparations- St. Johns Wort, Ginko Biloba, citrus oils, herbal HRT therapies.
- Taking these medications does not exclude you from IPL treatments; however, extra precautions are applicable.

Please note:

- Hair will grow back patchy; this is normal.
- Patchiness is not an indication of areas 'missed' during treatments.
- Patchiness occurs due to the stages the hair growth is at.

The hair growth cycle

There are three main stages of hair growth, and laser hair removal is only effective on hair in the first stage of development (Anagen).

Growth Phase (Anagen)

Anagen is the active growth phase of hair follicles. At this time, the cells in the root of the hair divide rapidly, so the hair grows and extends to the hair shaft.

During the anagen phase, the hair follicles are the most receptive to the IPL light because they are rich in protein (keratin) and melanin. Therefore, IPL predominately targets the hair's melanin (colour).

The anagen phase for a hair follicle is genetically determined. It varies from person to person, but about 85 per cent of hair follicles on our body are in the anagen phase at any time.

Transition Phase (Catagen)

After the anagen phase, the follicle enters the catagen phase, when the hair stops growing. This phase lasts only 2-3 weeks. About five per cent of our hair is in this phase at any given time.

Resting Phase (Telogen)

The final stage is the telogen phase, which comprises resting and shedding. Once the hair sheds, the follicle is prompted to start a new cycle.

This stage lasts about 100 days for the healthy follicles on the scalp, but other areas of the body can vary significantly. About 10% of hair follicles are in the telogen phase at any given time.

Timing your laser hair removal

Given that only 85% of hair follicles are in the anagen phase at any one time, and this is the most effective phase for IPL hair removal, it is important to cycle your laser hair removal treatments every 6-12 weeks to ensure all hair follicles are treated over your treatment series.

We recommend booking a package of 6 - 12 treatments and booking your dates out in advance to ensure you stay on top of your treatments and get the best possible result.

Remember, the number and time between treatments may vary from person to person, depending on your skin and hair type, so it is always recommended to follow the advice provided by your therapist.

Have realistic expectations

You'll need multiple treatments to achieve long-term hair reduction, but the effort will be well worth it! Your therapist will assess your skin and hair type and help determine your treatment plan. The number of treatments you need will vary from person to person, as regrowth can be affected by hormones and other biological factors. Remember that no laser clinic can promise 100% hair removal as some hair will always return, but we can work with you to achieve the best possible results.

Timing is everything with IPL hair removal! Your results can vary dramatically depending on the frequency of treatments. IPL hair removal is only effective in the first stage of hair growth. That's why we highly recommend booking a course of IPL hair removal treatments rather than making ad hoc appointments. For the best results, attend your appointments at the rate your therapist advises