

IPL Skin Treatment Prep & Post Care

One week before treatment

Discontinue the use of Vitamin A, C and any acids (chemical exfoliants)

Pre- Treatment

-Strictly no tanning and incidental sun exposure, including self-tanning lotions and tanning bed/booths for four weeks before and between treatments.

- Use of prescriptive skincare at home is a must.
- Do not wax, pluck, use depilatory creams or undertake electrolysis for four weeks before and in between treatments.
- Do not use prescription strength exfoliant creams (Retin-A and Alpha Hydroxy) on the area for two weeks before treatment.
- This will have been discussed at your skin consultation and analysis.
- Duration of use before advanced treatments will vary from 2-8 weeks before the first treatment.
- No excessive sun exposure or sunburn can be present on the skin, and it should be avoided seven days before treatment.
- Ensure you are using SPF and prescriptive skincare daily. So that you know, only varying as instructed here.

What To Expect Immediately post-treatment

- A mild sunburn-like sensation is anticipated. This usually resolves within 2-3 hours of treatment but may persist for a few days.
- For pigmentation treatments, mild crusting and darkening noticeably within a few hours post-treatment.
- The skin may have a dirty look lasting 3-10 days.
- The skin may be slightly swollen, which may only last a few hours
- Treat the treated area gently, with no rubbing or scratching
- Applying a cold compress every hour for 5 to 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.

Post Treatment

- Do not cleanse or wet your face for 8 hours post-treatment.
- Use of your Image post-treatment kit will begin from day 1.
- Avoid touching your skin post-treatment, as this can introduce dirt, bacteria, or other contaminants to your skin.
- Do not exercise or participate in strenuous activity post-skin needling for the first 48 hours.
- Ensure to stay out of direct sunlight for 72 hours and other sources of intense heat such as sauna, steam room or tanning beds. (We recommend being always sun safe with your skin)

1-7 Days After Skin Needling: What to Expect

- Bathe or shower as usual. Treated areas may be temperature sensitive. Avoid using 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 blistered or open areas to heal spontaneously. If healing is delayed, a thin coating of antibiotic ointment may be advised. Refrain from picking at these areas. Picking may result in infection or scarring.
- Allow any crusting to heal spontaneously; crusting will resolve in 3 to 14 days.
- Best results are obtained on clients who have follow-up treatment immediately after hair starts to grow. Your clinician will let you know when you should schedule your next appointment. It is essential to adhere to this regime.
- Until the redness has entirely resolved, avoid all of the following:
 - No active cosmetics on treated areas (including AHA/BHA's, Vitamin A, Vitamin C and physical exfoliants)
 - No swimming, especially in pools or spas with chemical/chlorine, no exercise or activities that cause excessive perspiration; avoid sun exposure to treated areas
 - Do not pick, scratch or remove scabs, as this will cause unwanted side effects

Please follow the instructions we've included below for the morning.

- Ormedic Balancing Facial Cleanser
- The MAX Crème
- Prevention+ Daily Hydrating Moisturizer SPF30

Please follow the instructions we've included below for the evening.

- Ormedic Balancing Facial Cleanser
- The MAX Crème

Day 7-14

We'd like you to please reintroduce to your actives as prescribed during your initial consultation, including the Illuma Intense Brightening Serum.