

PHOTOREJUVENATION (IPL)



Before and after your Photorejuvenation treatment we recommend you adhere to the following recommendations. This will ensure the results of your treatment are optimal and help avoid unwanted side effects.

PRE TREATMENT CARE

- Avoid excessive sun exposure, tanning and sun beds for 4 weeks prior to treatment. We can not treat you if your skin is darkened since your consultation due to increased risk of burns.
- Avoid applying self tanning gels, creams and moisturisers for 2 weeks prior to treatment.
- Come make up free to your appointment if possible.

POST TREATMENT CARE

- Expect your skin to appear pink and warm for a few hours after treatment.
- Expect your pigmentation to appear darker and patchy after treatment. You may notice the patterns of pigment that look like 'coffee grounds' on the skin, this is normal.
- Apply cold compress to the skin after treatment to relieve heat and discomfort for up to 6 hours after treatment or as advised by your therapist.
- Apply only topical treatments provided or recommended by your therapist for the next 7 days. Avoid active skin care for 7 days.
- Keep the treated area hydrated by applying moisturiser regularly.
- Apply SPF 30+ to your skin for 2 weeks after treatment. We recommend K-ceutic by Dermoceutic, available in clinic or from our online shop.
- Do not exfoliate or rub the skin for 7 days after treatment.
- No swimming for 48 hours after treatment.
- No spray tans or hair removal in the treated area for 7 days after treatment.

POSSIBLE MINOR SIDE EFFECTS

- Minor swelling, redness and feelings of light sunburn, minor contact blisters.
- You may notice darker pigment and pigment in new areas of the treated area. This is normal and is caused by the laser targeting deeper pigment previously not visible on the surface of the skin. This will settle within 2 weeks.
- After 7-14 days the pigment will begin to crust and flake away from the skin. You may exfoliate the skin at this point providing there is no tenderness when doing so.

If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.