

IPL Aftercare

Post IPL (Hair Removal) Treatment Recommendations:

- A mild sunburn-like sensation is anticipated. This usually resolves within 2 - 3 hours of treatment but may persist for up to 2 days. Application of a cold Aloe Vera Gel or an ice pack every hour for 5 - 10 minutes may be soothing to the skin. Continue until symptoms subside.
- Avoid sun exposure to treated areas. Apply a sun block with SPF 30+ or greater daily to sun-exposed treated areas between treatments and for 4 - 6 weeks after last treatment.
- Bathe or shower as usual. Treated areas may be temperature sensitive. Avoid use of 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. Do not pick at these areas. Picking may result in infection or scarring. Allow any crusting to heal spontaneously, crusting will resolve in 3 to 14 days. Application of antibiotic ointment is not recommended for crusting.
- Appearance of "stubble" may appear in 1 to 4 weeks. This is not hair re-growth. It is the remnant of treated hairs being expelled from the IPL-damaged follicle. Allow this hair to fall out of the skin on its own or by gently washing with a warm wet washcloth. Do not pluck or tweeze. You may shave during this period.
- Best results are obtained on clients who have follow up treatments immediately after hair starts to grow. Your clinician will advise you when you should schedule your next appointment. It is important to adhere to this regime.

Post Pigmented Lesions Treatment Recommendations:

- A mild sunburn-like sensation is expected. This usually resolves within 2 - 24 hours of treatment but may persist for up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2 - 3 days. In some cases, prolonged redness or blistering may occur.
- The lesion may initially look raised and /or darker with a redenned perimeter.
- Apply ice/cool compresses to treatment areas for 10 to 15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation.
- The lesion will gradually turn darker over the next 24 to 48 hours. It may turn dark brown or even black.
- The lesion will progress to scabs/crusting and will start flaking off in 2 - 3 days.
- The lesion is usually healed in 7 - 10 days. It will continue to fade over the next 2 to 4 weeks.
- Direct sunlight to the treated area should be avoided. Daily application of a SPF 30+ is recommended to prevent development of new lesions.
- There is a possibility of hair loss in the treated area when being treated for pigmented lesions.

Post Vascular Lesions Treatment Recommendations:

- A mild sunburn-like sensation is expected. This usually lasts 2 - 24 hours but may persist for up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2 - 3 days. This can be treated with cold packs.
- Apply ice/cool compresses to treatment areas for 10 to 15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation.
- The treated area can be gently cleansed and topical bactericidal ointment can be applied if needed.
- The vessels undergo immediate greying or blanching. In some cases, only a slight purplish change is noted. Vessels either fully or partially resolve in about 10 to 14 days and areas of diffuse flushing gradually fade leaving skin with normal appearance.

Important!

With all IPL Treatments described above, the following recommendations apply:

- Until redness has completely resolved, avoid all the following:
 - Applying cosmetics on treated areas
 - Swimming, especially in pools with chemicals/chlorine
 - Hot tubs and jacuzzis
 - 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
- Apply a sunscreen with SPF 30+ daily to sun exposed skin AND REAPPLY AS DIRECTED BY PRODUCT INSTRUCTIONS.
- Increased photo sensitivity to UV, Laser and IPL can occur when taking certain medications. During your treatment programme, if you have commenced or changed dosage with the following medications, please advise your clinician:

1. Antibiotics - Doxycycline (acne), Minocycline, Tetracyclines, Sulphonamides

2. Antihistamines - Diphenhydramone, Cyproheptadine

3. Antidepressants

4. Herbal Preparations - St Johns Wort, Gingko Biloba, Citrus Oils, Herbal HRT Therapies

Taking these medications does not exclude you from IPL treatments; however, extra precautions are applicable in these cases.

If you have any questions or concerns, please don't hesitate to reach out to us!

Larissa and the team at Riss' Beauty Bar + Hair x