

# SkinBase

## Intense Pulsed Light

### Pre-Treatment Care

#### 8 weeks prior to treatment

- No waxing, plucking or threading for at least 8 weeks and/or between IPL treatments (for hair removal treatments)

#### 4 weeks prior to treatment

- Do not expose the skin to UV or self tan for at least 4 weeks before and/or between IPL treatments

#### 1 week prior to treatment

- Avoid intense exfoliation, microdermabrasion or peels

#### 24-48 hours prior to treatment

- Do not use bleaching creams or perfumed products

### Post-Treatment Care

To ensure your comfort after treatment, please adhere to the following post treatment recommendations:

#### For up to 24 hours

The skin may be red and warm after treatment. This is perfectly normal and will naturally subside. If you wish, you can apply a cold compress to help calm the skin. However, it is advisable to avoid using ice as this may irritate the skin.

You can also use soothing preparations such as aloe vera, witch hazel or tea tree oil. These will help soothe the skin and reduce redness after treatment.

- Avoid using make-up on the treated area, allowing the skin to cool naturally and more comfortably.

#### For 48 Hours

- Avoid all heat treatments including hot baths, saunas, steam baths and showers.
- No swimming in strongly chlorinated water.
- Do not use bleaching creams.
- Avoid perfumed products e.g., soaps, creams or perfumes.
- Leave any temporary skin responses such as redness to subside naturally.
- Do not touch, pick, scratch or otherwise irritate the area.

#### For 72 Hours

- No shaving.

#### For 1 week

- Do not exfoliate the treated area or use peels.

#### For 2 weeks

- No UV exposure.
- No self tan.
- Avoid prolonged outdoor activity that may expose the skin to a lot of wind or sun.
- Avoid waxing, plucking, threading (at all times during a course)
- Avoid depilation creams.

#### For 6 weeks

- Use sun protection SPF 30+.
- Limit sun exposure and do not use tanning beds for at least six weeks.

### Please Also:

#### Stay Hydrated

Drink plenty of water to stay hydrated before and after treatment.

#### Protect Skin

Protect the skin from sun exposure with suitable clothing and use sun block SPF 30+ before first treatment and between subsequent treatment sessions but do not use sun blocking creams within 24hrs of scheduled treatment.

#### Clothing

Wear loose fitting comfortable clothing to attend appointments.

#### Chlorine

Avoid swimming in strong chlorinated water immediately before or after treatment.

**Nb.** Hot and humid conditions can aggravate skin immediately after treatment. Skin cooling can be very helpful, a cold compress or aloe vera gel can improve comfort and reduce any swelling or redness.