

SKIN REJUVENATION & VASCULAR PIGMENTATION



TREATMENT CARE INSTRUCTIONS

PRE TREATMENT

Discontinue Accutane 6 months prior to treatment.

Discontinue use of Retinoic Acid products 2 weeks to treatment.

Avoid sun exposure or the use of tanning beds and self-tanners for at least four to eight weeks, prior and/or between IPL treatments (dependent on skin type).

Report all skin diseases, viruses, infections, cold sores, eczema or allergies.

Do not exfoliate, use glycolic acid, benzyl peroxide or any other skin irritants for one week prior to treatment.

Discontinue bleaching creams for 2 weeks prior to treatment and perfumed products (eg. Aromatherapy oils/Essential oils) for 48 hours before treatment.

Avoid microdermabrasions or peels for two weeks prior to treatment.

If the skin is red, irritated or sunburned, the IPL treatment must be rescheduled.

Report all medication taken within 2 weeks of the treatment.

Avoid strenuous exercise for 24 hours prior to the clinical treatment.

Avoid strongly chlorinated water immediately before on IPL treatment.

POST TREATMENT

Avoid direct sunlight, tanning beds or self-tanners for at least 2-3 weeks after treatment.

Apply SPF 50+, 15 minutes prior to sun exposure and 15 minutes afterwards. Keep reapplying as needed throughout the day.

Consider using protective cotton gloves for driving, or a hat to protect facial areas.

If there are scabs or blisters, **make-up should not be used** for 3-4 days.

For at least two weeks post Skin Rejuvenation/Pigmentation treatment, **do not use: harsh topical exfoliations**, glycolic acid, benzyl peroxide, acne creams etc.

Avoid touching, rubbing, peeling or picking of the skin, as this may cause hyper/hypo-pigmentation, scarring or infection.

Gently **apply pure Aloe Vero** gel or antibiotic ointment, to the treated area twice daily until healed and dry.

For 1 week, **avoid hot baths, showers, hot tubs** and saunas. When showering and washing, gently pat dry and do not rub.

Avoid strenuous exercise for 24 - 48 hours following clinical treatment.

Avoid strongly chlorinated water for 24 hours post IPL treatment.

Hot and humid weather conditions can aggravate skin in the period immediately before and after treatment.