



IPL/LASER POST-TREATMENT CLIENT CARE

1. Some redness and swelling in the area being treated is normal after treatment and may feel similar to sunburn. This usually last 5-10 minutes but can persist up to 24 hours. Mild swelling, tenderness and/or redness may accompany this, but it usually resolves in 2-3 days.
2. Apply ice/gel packs to the treated area for 10-15 minutes every hour for the next 4 hours as needed.
3. Do not pick scabs, crusting or any lesion. The area treated is delicate so treat it with care. Use a mild soap or cleanser. If pimples, crusting or scabbing occurs please use Polysporin cream not Ointment (contains Salicylic acid). If you have open areas on your face don't wear make up on top to cover.
4. Apply Aloe, Vitamin E gel, sunburn products or cool cloths as often as desired.
5. Avoid sun exposure, tanning beds or self-tanners. To avoid pigmentation, it is vital to use Sun block min SPF 30+ with both UVA & UVB filters for 4 weeks and consider using a hat to protect facial areas and/or pants to protect legs from the sun. Avoid the sun while undergoing treatments.
6. Shedding hairs - A few days after the redness has faded you may notice small brown dots. These are IPL/laser affected hairs. They can take up to 3 weeks to come out of the body. This is not new hair growth but the treated hairs being expelled from the skin. Hairs that were in the "resting phase" of growth at the time of your treatment will enter the active phase in 1-2 months, depending on the area. Shedding hairs can be removed by using a dry face cloth or razor.
7. Don't shave for 48 – 72 hrs after the treatment.
8. Avoid Glycolic or Retin – A or any acid products for 2 week after treatment.
9. If you develop any areas that appear to be infected (red, oozing, painful) you need to immediately inform Jasmine Holistic Spa and contact your doctor or go to Emergency department.

10. Avoid touching the area treated. Pimples can sometimes occur in areas where the hair is dense.
11. Avoid gym or workouts where you will perspire – it will result in itchy, irritated skin.
12. Don't depilate between IPL/Laser treatments (with waxing, tweezing, threading, electrolysis).
13. Don't use bleaching creams or perfumed products for 24 – 48 hrs.
14. Avoid very hot baths / hot showers / steam baths / sauna for 1 week.
15. Avoid swimming in strong chlorinated water for 1 week.