

SKIN REJUVANATION

PRE-TREATMENT

DISCONTINUE

- **Accutane** 6 months prior to treatment
- Use of **Retinoic Acid** products 2 weeks prior to treatment
- Using **bleaching creams** for 2 weeks prior to treatment and perfumed products (eg. Aromatherapy oils/Essential oils) for 48 hours before treatment

AVOID

- **Sun exposure**, or the use of tanning beds for **four to eight weeks** (dependant on the skin type of patient), and self-tanners for at least four weeks, prior and/or in between IPL treatments
- **Microdermabrasion's**, or peels for *two weeks prior* to treatment
- Strenuous exercise for 24 hours prior to the clinical treatment.

DISCLOSE & REPORT

- All skin diseases, viruses, infections, cold sores, eczema, or allergies to treating Practitioner
- Report all medication taken within two weeks of the treatment

DO NOT

- Exfoliate, use glycolic acid, benzyl peroxide or any other skin irritants one week prior to IPL treatments.
- Use sun blocking creams within 12 hours of scheduled treatments. Consider wearing protective clothing, cotton gloves for driving, or a hat to protect facial areas
- Go swimming in strong chlorinated water immediately before an IPL session.

REASONS TO RESCHEDULE TREATMENT

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

PLEASE BE ADVISED

HOT AND HUMID WEATHER CONDITIONS CAN AGGRAVATE SKIN IN THE PERIOD IMMEDIATELY BEFORE AND AFTER TREATMENT.

POST-TREATMENT

AVOID

- Direct sunlight, tanning beds or self-tanners for at least 2-3 weeks after a treatment.
- Touching, rubbing, peeling, or picking of the skin in treatment area, as this may cause hyper/hypo pigmentation, scarring or infection.
- Strenuous exercise for 24-48 hours following clinical treatment.
- Swimming in strong chlorinated water 24 hours after an IPL session.
- If there are scabs or blisters, make-up should not be used for 3-4 days
- Hot baths, showers, hot tubs, and saunas 1 week post treatment.

DO NOT USE

- Harsh topical exfoliations, glycolic acid, benzyl peroxide, acne creams etc. for at least two weeks post Skin Rejuvenation / Vascular/Pigmentation treatment

CARE

- Apply Sun Protective Cream of 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, a hat to protect facial areas
- Gently apply pure Aloe Vera gel or antibiotic ointment to the treated area, twice daily until healed and dry
- When showering and washing, gently pat dry and do not rub.

PLEASE BE ADVISED

- If you develop any areas that appear to be infected (red, oozing, painful) you need to let the clinic know and contact your doctor or go to emergency.