

A F T E R C A R E - I P L

General

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but it usually resolves in 2-3 days.
- Apply ice or cold packs to the treatment area for 10- 15 minutes every hour for the next four hours, as needed. An oral, non-steroidal anti-inflammatory, such as paracetamol or ibuprofen may be taken as directed to reduce discomfort.
- In some cases, prolonged redness or blistering may occur. **IF YOU EXPERIENCE BLISTERING OR HAVE ANY CONCERNS PLEASE CONTACT THE CLINIC IMMEDIATELY.** An antibiotic ointment may be applied to the affected areas twice a day until healed. In some cases, blistering may be caused by the Herpes virus, so it is important to seek medical advice.
- Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid aggressive scrubbing and use of exfoliants, scrub brushes and loofah sponges until the treatment area has returned to its pre-treatment condition. Do not use Bioclear cream, Clearskin Gel, or any other leave on glycolic products while skin is inflamed.
- Until redness has completely resolved, avoid all of the following:
 - Applying cosmetics to treated areas. Mineral makeup is OK.
 - Swimming, especially in pools with chemicals, such as chlorine.
 - Hot tubs and Jacuzzis.
 - Activities that cause excessive perspiration.
- Sun exposure to treated areas.

Apply an SPF-30+ sunscreen to prevent development of new pigmented lesions.

AFTERCARE - IPL

For Hair Removal

- Appearance of hair growth or stubble will continue for 7-30 days post-treatment. This is not new hair growth, but the treated hairs being expelled from the skin.

For Pigmented Lesion Treatment

- The lesion may initially look raised and/or darker with a reddened perimeter.
- The lesion will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black.
- The lesion may progress to scabs/crusting which will start flaking off in 7-14 days. Do not pick, scratch or remove scabs. The lesion is usually healed in 21-30 days. It will continue to fade over the next 6-8 weeks.

For Vascular Lesion Treatment

- The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red colouring. The vessels will fully or partially fade in about 10-14 days. Do not pick, scratch or remove scabs.
- Repeat treatments may be performed every 7-10 days if skin has fully recovered.