

LASER & IPL

Treatment Advice

Before your treatment:

- Avoid skin exposure to UV (sun or tanning beds) or self-tan before and between treatments.
 - Laser & IPL therapies – avoid UV for 4 weeks,
 - SHR – avoid UV for 2 weeks.
- Shave any hair in the treatment area 24 hours prior to treatment.
- Avoid alcohol or smoking the night before and on the day of the treatment.
- Do not wear any make-up, lotions, or creams on the treatment area on the day of treatment.
- Do not undergo any skin peel or laser procedures for 4 weeks prior to the treatment.
- Do not use bleaching creams or perfumed products for 48 hours before treatment.
- Do not exercise before your treatment.
- Avoid exfoliating or microdermabrasion for at least 1 week before treatment.
- Keep the intended treatment area clean and dry.
- Hydrate the body and skin by drinking plenty of water.

In order for your treatment to be successful and effective, and to avoid any adverse effects, it is important to follow all the pre- and post-treatment advice as indicated on this sheet.

LASER & IPL

Treatment Advice

After your treatment:

- A cold compress may be applied to the treatment area if it feels hot or uncomfortable.
- Apply Aloe Vera gel to relieve any sensation of sunburn or itching.
- Avoid restrictive clothing over the treatment area.
- Avoid use of creams containing salicylic or glycolic acid.
- Avoid shaving or using deodorant or perfumes in the treatment area for 48 hours.
- Avoid swimming, saunas, hot baths or hot showers for 1 week.
- Avoid aerobic exercise for 24 hours.
- Avoid sun exposure - use a strong sun block (SPF 30+) if sun exposure is unavoidable.
- Avoid excessive scrubbing or exfoliation of the skin for 1 week.
- Do not use self-tanning products for 1 week.
- Do not pick or scratch any crusting of the skin.
- Do not undergo any waxing, tweezing or threading for the duration of the treatment course.
- Keep the treated area clean and dry for 48 hours.

At your next appointment:

Your therapist will check with you that you have followed the treatment advice above. It is important to notify your therapist of any advice that you have not followed, as this may increase your risk of an adverse reaction and make you unsuitable for treatment. You must also notify your therapist of any changes to your health or any medication that you are taking.

If you have any serious health concerns following your treatment, either contact your therapist or clinic, or call 111 to seek professional medical advice.