

# IPL HAIR REDUCTION

## Treatment Preparation

Pre-treatment preparation and post-treatment care are vital steps of your IPL Hair Reduction treatments. In order to ensure a safe treatment and to get the best results, please follow all advice provided and reach out to your treatment provider if you have any questions. Failure to follow the below advice may increase the risk of undesirable effects.

### TREATMENT PREPARATION

#### DAILY

A sunscreen with SPF 30 or greater should be applied to protect against UV damage, prevent sunburn and prevent compromised skin barrier function.

#### 8 WEEKS PRE-TREATMENT

- Avoid waxing, plucking, threading (or removing the hair from the follicle), using depilatory creams or undertaking electrolysis (including between treatments)

#### 4 WEEKS PRE-TREATMENT

- Avoid the use of fake tan and gradual tanning creams in the area to be treated.
- Avoid tanning and incidental sun exposure, including tanning beds/booths (including between treatments). The area needs to be covered and protected from the sun for safe and effective treatment.
- Avoid filler injections in the treatment area.

#### 2 WEEKS PRE-TREATMENT

- Prepare the skin with suitable skincare. This will include a tyrosinase inhibitor for Fitzpatrick Skin.
- Types III+ and any skin prone to post-inflammatory hyperpigmentation (PIHP). Your treatment provider will advise you of your skincare recommendations.
- Avoid prescription-strength exfoliant creams on the treatment area.
- Avoid antiwrinkle injections (Botox / Dysport) in the treatment area.

#### 1 WEEK PRE-TREATMENT

- Avoid benzyl peroxide application in the treatment area.
- If prone to cold sores, please speak to your pharmacist about a prophylactic course of antiviral medication.

#### 3 DAYS PRE-TREATMENT

Avoid cosmeceutical Vitamin A, AHA's & BHA's, and Vitamin C application.

#### 1 DAY PRE-TREATMENT

Please shave the treatment area thoroughly

#### DURING THE TREATMENT

Mild to moderate heat and discomfort is expected. Some people equate the sensation to a "rubber band flicking" on the area. These sensations should always be tolerable.

#### IMMEDIATELY AFTER & UP TO 5 DAYS POST-TREATMENT

- A mild sunburn-like sensation
- Swelling of the hair follicles (peri-follicular oedema) can occur and appear as small, raised, red bumps. This is a normal histamine reaction (Urticaria).
- Itchy or dry skin.

#### 1-3 WEEKS POST-TREATMENT

- The appearance of "stubble". This is not hair re-growth. It is the remnant of treated hairs being expelled from the follicle. Allow this hair to fall out on its own, or encourage it with gentle exfoliation. Do not pluck or tweeze. You may shave during this period.
- Abnormal responses: Extreme redness, swelling or heat. Extreme sensitivity or blisters. Please contact your treatment provider immediately if you experience any of these responses.

### WHAT TO EXPECT

### ABNORMAL REACTION

Please contact your treatment provider immediately if you experience any of these responses.

- Extreme redness
- Extreme swelling
- Extreme heat
- Extreme sensitivity
- Blisters
- Bruising
- Pigmentation changes
- Scabbing / Crusting
- Paradoxical hypertrichosis
- Scarring, which may be permanent
- Burns
- Cold sores and acne outbreaks
- Allergic reaction
- Seizures
- Eye damage to the patient or operator, which may be permanent and include blindness (if appropriate eye protection is not worn)
- Temporary tingling and / or itchiness of the skin

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## Treatment Aftercare

### Daily:

1. Use sunscreen with SPF 30 or greater should be applied.
2. Avoid sun exposure to treated areas.

### For the first 24 hours post-treatment (or until redness and swelling subside):

1. Apply chilled aloe vera gel or post-laser gel up to 3 x a day.
2. A cold compress every hour for five to ten minutes may be soothing to the skin. Do not apply ice directly to the skin.
3. Avoid exercise and activities that increase perspiration and body temperature.
4. Avoid the use of pools, spas, and saunas.
5. Avoid extremely hot showers and baths.
6. Avoid the application of deodorant in the treatment area.

### Up to 5 days post-treatment:

1. Avoid the use of scented lotions or soaps.
2. Avoid using cosmeceutical Vitamin A, AHA's, BHA's and Vitamin C.

### Up to 1 - 4 weeks post-treatment:

1. Avoid the use of prescription strength exfoliant creams (prescriptive vitamin A).
2. Avoid antiwrinkle injections and filler injections in the treatment area.
3. After one week, start gently exfoliating the treated area. This may include using a loofah, mitts, AHA & BHA-based lotions or retinol. Use of these products sooner will aggravate the skin and cause skin inflammation during the healing phase.

## IMPORTANT

**Contact your treatment provider if you notice any blisters, crusts or open areas. Allow these to heal spontaneously. If healing is delayed, a thin coating of antibiotic ointment may be advised.**

1. Do not pick at these areas. Picking may result in infection or scarring.
2. Your treatment provider will advise you when to schedule your next appointment, as different body areas require different treatment intervals. It is essential to adhere to this regime for the best results.
3. Maintenance treatments will be required and will be ongoing.

**Throughout your treatment course, it is essential to advise your treatment provider of any of the following as these will influence treatment safety and efficacy:**

- Sun exposure or fake tan application on the treatment area within the past four weeks.
- Any new health conditions, or if you have been unwell.
- Commencing any new medication (including short-term doses).
- Changes to current medications or supplements.
- If you are trying to become or become pregnant.