

SERENITY

TREATMENT AFTERCARE

IPL HAIR REDUCTION

PRE TREATMENT ADVICE

8 WEEKS PRIOR TO TREATMENT

No waxing, plucking or threading for at least 8 weeks and/or inbetween IPL treatments for hair removal

4 WEEKS PRIOR TO TREATMENT

Do not expose the skin to UV or self tan for at least 4 weeks before and/or between IPL treatments

1 WEEK PRIOR TO TREATMENT

Avoid intense exfoliation, microdermabrasion or peels on the area to be treated 24-48 HOURS PRIOR TO TREATMENT

Do not use bleaching creams or perfumed products on the area to be treated

PLEASE ALSO:

- Avoid swimming in strong chlorinated water immediately before or after treatment
- Avoid wearing tight clothes when attending treatment sessions
- Hydrate the body by drinking plenty of water
- Protect the skin from sun exposure with suitable clothing and use sun block SPF 30+ before the first treatment and between subsequent treatment sessions but do not use sun blocked creams within 24 hours of scheduled treatments

AT ALL TIMES

- Use sun protection SPF 30+
- Limit sun exposure and do not use tanning beds for at least 6 weeks
- Hot and humid conditions can aggravate skin immediately after treatment. Skin cooling can be very helpful, a cold compress or aloe vera gel can improve comfort and reduce any swelling or redness after treatment

POST TREATMENT ADVICE

FOR UP TO 24 HOURS

- The skin may be red and warm after treatment, this is perfectly normal and will naturally subside. If you wish, you can apply a cold compress to help calm the skin. However, it is advisable to avoid using ice as this may irritate the skin.
- You can also use soothing preparations such as aloe vera, witch hazel or tree oil. These will help soothe the skin and reduce redness after treatment.
- Avoid using make up on the treated area, allowing the skin to cool naturally and more comfortably.

FOR 48 HOURS

- Avoid all heat treatments including hot baths, saunas, steam baths and showers
- No swimming in strongly chlorinated water
- Do not use bleaching creams
- Avoid perfumed products e.g. soaps, creams or perfumes
- Leave any temporary skin responses such as redness to subside naturally
- Do not touch, pick, scratch or otherwise irritate the area

FOR 72 HOURS

- No shaving

FOR 1 WEEK

- Do not exfoliate the treated area or use peels

FOR 2 WEEKS

- No UV exposure
- No self tan
- Avoid prolonged outdoor activity that may expose the skin to a lot of wind or sun
- Avoid waxing, plucking, threading at all times during a course
- Avoid depilation creams