



IPL Post Treatment Advice

POST-PROCEDURAL CARE INSTRUCTIONS

The post-care instructions has been created to help prepare you for care after your treatment in the clinic is complete.

Following these instructions will maximize your aesthetic outcome. This will also provide you with a few of the post-procedural warning signs that may herald a complication. As you discovered from our informed consent and your discussion with your clinician, most potential complications tend to be minor and can be effectively managed if we are notified promptly.

Please read this information carefully. If you do not understand any of the items in, please do not hesitate to call the clinic and speak with the Clinical Staff.

POST-PROCEDURAL CARE - DAY 1 TO 5

The healing time for any given treatment varies between different clients. The following represents the general recovery phases you might expect. Individual clients may experience variations from this course.

IPL Hair Removal:

Perifollicular erythema can appear following IPL hair removal treatments. These symptoms can last approximately 5 to 7 days and may be accompanied by itching sensations in the area.

Pigment IPL Treatments:

Browning or darkening of the skin pigment, and purplish or black tints to a dark pigment, as well as crusting of the pigmented area over a few days, may all occur as part of normal post-treatment healing. Crusting will flake off, and while erythema and edema may also appear, these symptoms will resolve in 3 to 7 days.

Vascular Lesion IPL Treatments:

Blanching, greying, or a deep purple tinting or blackening of the vessel may occur over the course of a few days as the damaged tissue will be broken down and absorbed. This may last approximately 3 to 7 days.

Acne IPL Treatments:

A deepening in color of the treated lesions, tenderness to the lesions (if cystic), blanching/greying of vessels/vascular scars, and intense edema and erythema may occur, lasting 5 to 10 days.

Swelling/Discomfort/Redness:

Significant swelling and redness may occur following your procedure for up to 24 – 48 hours. It is not uncommon for patients to experience swelling in the under-eye area for the first 1 to 2 days post-treatment. This swelling will subside. You may also experience some redness and slight warmth emanating from the treatment area for the first 24 hours post-treatment, akin to a mild sunburn.

This is a normal part of your skin's post-treatment healing response. However, excessive or severe pain is unusual; if this occurs, immediately notify the clinic.

Activity:

Post-treatment discomfort is mild, and you may immediately return to your regular activities. It is advised that you avoid hot baths, saunas, Jacuzzis, and pools for the first 2 days following treatment, as bacteria found in these environments could cause an infection. It is best to avoid applying ice or cooling compresses to the treated area, as the heat emanating from the skin is the body's natural healing response. However, if you are experiencing extreme heat or discomfort, you may use cold compresses to soothe the area.

Moisturizer:

Moisturizer may be applied 24 hours after each treatment. Moisturizer should then be applied regularly throughout the course of your treatment program.

Make-Up:

After 24 hours, most patients are able to apply makeup to hide the pinkness of the skin. It is important that you remove all makeup that is applied to the skin at night. Do not sleep with makeup on the treated area.

Avoiding the Sun:

Sun avoidance should become a permanent component of your long-term skin care program. Always use a broad-spectrum sunscreen of SPF 30 or greater. Sun exposure, tanning beds, and artificial sunless tanning lotions should be avoided in the treated areas throughout the course of your treatment program.

WARNING SIGNS

The following are some of the symptoms that should alert you to the possibility of an impending or existing complication and you should contact the clinic:

Infection may be present if you notice:

- Increased facial swelling after the first 24 - 36 hours.
- Redness spreading beyond the area of resurfacing, that is warm and tender to touch.

Should you experience any unexpected side effects or any that concern you, please contact the clinic as soon as possible.

Please ensure you discuss your overall treatment programme with your clinician as this will enable you to receive the best results from treatment.

Est-Ethics
170 Ingram St
Italian Centre
Glasgow
G11DN

0141 343 24 24
admin@est-ethics.com

www.est-ethics.com

