

Intense Pulsed Light (IPL) Homecare Advice

IPL treatment benefits many skin imperfections, including pigmentation or age spots, broken veins, redness and ageing skin.

The medical IPL releases controlled pulses of filtered light which targets superficial cells containing a lot of melanin (hyper-pigmentation) or haemoglobin (broken veins or capillaries) which are heated up and destroyed. The treatment may also be used to reduce the appearance of and for the management of the skin condition, Rosacea.

The medical IPL's precise, emission of strong pulses of filtered light also stimulates fibroblast cells within the skin that produce collagen and elastin. This helps restore the radiance and tightness of the skin, improving enlarged pores, to give a more uniform complexion.

Before Treatment:

- Avoid sun exposure and using sun-beds for 4 weeks prior to laser treatment.
- Apply sunscreen with SPF 30+ to the treatment area during any sun exposure and outdoor activities for 4 weeks prior to laser treatment.
- Avoid the application of all false-tanning products on the treatment area for 2 weeks prior to laser treatment.
- Avoid exfoliation of the skin for 2 days prior to treatment.
- Do not wear any heavy/long-wear make-up to the clinic on the day of your treatment.
- Inform your Laser Specialist of any changes in your personal details, and/or medical circumstances since your last clinic visit before your next appointment e.g. any newly diagnosed conditions or new medication (including Anti-inflammatories and pain killers)

After Treatment:

After Laser / IPL treatment it is common for the treated areas to feel hot and tight - similar to the sensation of sunburn. Some localised swelling, redness, irritation or tenderness may also be apparent. Such after-effects occur within 24 hours following treatment. The use of Aloe Vera gel is recommended directly after the treatment and for the following few days if necessary.

Following treatment, clients may experience varying degrees of localised swelling which may last 1-

5 days following treatment. This is a natural reaction and it is nothing to be become alarmed over. Temporary changes in pigmentation may occur which will diminish over the following 7-14 days.

Aftercare Advice

It is very important that you follow our post treatment advice:

For 24-48 hours Post Treatment:

- Cold compresses and topical soothing agents are recommended if necessary.
- Avoid additional heat being applied to treated areas such as: Steam Rooms, Saunas, Hot Baths, Hot Showers, Excessive Exercise, & Direct Heat Sources.
- Avoid applying any scented creams, soaps and lotions on the treated areas.
- Do not irritate the skin through picking, scratching or rubbing the treated areas as this may result in scarring

PLEASE NOTE: If the area continues to feel sensitive after this period - contact the clinic immediately for further advice

For 2 Weeks (minimum) Post-Treatment:

- You should avoid unprotected exposure to sun / UV light i.e. sun-bathing and sun-beds for at least two weeks after treatment as U.V. exposure may affect the pigmentation of the skin.
- Sunscreen containing SPF 30+ should be applied to any exposed Laser-treated areas regularly when outdoors.

If you have any questions or you are concerned about any after-effects of your treatment, please do not hesitate to contact us on 01-2166778

Clinic Policies

❓ Cancellation/Non-Attendance Fee Policy ❓

We would greatly appreciate if clients advise us of any appointment time changes/cancellations at least **24 hours** in advance. Failure to attend a scheduled appointment without notifying us at least

24 hours in advance will incur a fee or loss of treatment from a pre paid course

However, if you cancel your appointment with 24 hours notice, there will be no charge.

🔗 Children Policy 🔗

Due to government legislation and in the interest of Health and Safety, we are unable to facilitate children on our premises.

🔗 Refusal of Treatment Policy 🔗

There are certain occasions when treatment may be refused, such as when our advice and guidance has been ignored or if it is felt that treatment would not benefit the client at that time. If the therapist is aware of, or suspects anything has changed in the client's medical circumstances, or that our homecare instructions have not been followed, treatment will be postponed.

We will not offer treatment if the therapist feels uneasy about performing treatment, such as, if a client attempts to coerce a therapist into providing treatment against their better judgement.

