

IPL & Laser After Care

As the treatment puts light heat energy into the skin you need to avoid anything that will add to the sensation of heat or irritate the area.

- After each IPL treatment:
- Avoid any sun exposure or UV exposure of sun beds for the course of your treatments
- Avoid fake tanning creams for two weeks.
- Wear sun block with both UVA and UVB protection
- Do not shave the area for at least 3days
- No depilatory, AHA, glycolic or salicylic creams or exfoliating for a week.
- No very hot baths or showers - tepid water only. Humid conditions can also aggravate the skin following treatment.
- No heat treatments e.g. sauna
- No swimming in chlorinated pools or spa baths
- No deodorant - if underarms treated
- No perfumes, highly perfumed soaps or lotions on your area treated
- Do not pick or scratch the area

The area treated can be red, warm and tender for up to 24hours after treatment, if necessary cool with a damp cool cloth or soothing gels (aloevera)
If you have any concerns please contact us on 021456077

- Long term After Care:
 - Always wear a good sun block with both UVA and UVB protection
 - Avoid excessive sun or UV exposure. Cover up and be sun-safe.
-
- Before your next treatment
 - Avoid any sun exposure, sunbeds or fake tanning
 - Please shave the area to be treated beforehand, avoid any waxing or plucking
 - Treatments can be spaced 3-4weeks apart for SHR hair removal.