

IPL Rejuvenation Aftercare

- The area treated can be red and warm for a few hours after treatment. If this is uncomfortable you can cool the area with a cold flannel/towel or some other means of cooling. It is advisable to avoid ice as this may cause an ice burn.
- Soothing preparations can be used but they must not contain anti-inflammatory or blood thinning properties. Avoid preparations such as Aloe Vera, Tea Tree Oil, Ibuleve, Difflam, etc.
- Avoid taking anti-inflammatory or blood thinning medication for at least 7 days **if possible**. Products include ibuprofen, aspirin etc.
- Avoid smoking and alcohol for at least 2 hours before and after (preferably the whole of the day).
- Avoid makeup on the day of treatment, as this will give the chance for the skin to cool naturally.
- Try and use cleaning products that have been developed for sensitive skin for 2 days after treatment and be gentle when drying or rubbing the area treated.
- Avoid tanning beds or sunbathing for at least 7 days after the treatment.

If you are experiencing problems or have any concerns, please contact us on 01707 662477.