

# skin correctives

## VPL PRE & POST CARE

### VPL HAIR REMOVAL

#### Pre Treatment

- NO waxing or tweezing of area being treated 4 weeks prior.
- DO NOT expose skin to the sun or sun beds for at least 6 weeks before the treatment
- DO NOT use self-tanning preparations for at least 3 weeks prior
- DO NOT use bleaching creams, perfumed products or aromatherapy oils for 24 – 48 hours before treatment
- AVOID swimming in strong chlorinated water immediately before IPL treatment
- AVOID wearing tight clothing when attending the treatment
- Keep the area clean and dry
- Consultation with your technician is required minimum 48 hours before 1<sup>st</sup> treatment. Patch test will be performed during this visit.

NB: Hot and humid weather conditions can aggravate skin in the period immediately after treatment.

#### Post Treatment

- Some warmth redness and swelling around the follicles in the area that's been treated may occur for up to 24 hours. It is a normal reaction and is not an infection. We also shave the area pretreatment so irritation can also occur from this.
- Crusting may occur in some areas, this is normal and will not scar. You must not pick or scratch at all.
- Apply 'Laser Aid' each morning and night to area
- DO NOT expose area to sun for 6 weeks.
- Hair that has responded to treatment will continue to move up follicle and can surface for 2 – 3 weeks after the treatment; this is not new hair growth. You should use a loofah or body exfoliant to remove the hair 1 week after treatment.
- Multiple treatments are necessary, recommended every four weeks or as advised by your technician during your consultation.

### SKIN REJUVENATION

#### Pre Treatment

- DO NOT expose area to be treated to sun or tanning beds for at least 4 – 6 weeks before or between VPL treatments
- DO NOT wax or tweeze immediately before treatment
- DO NOT use bleaching creams or perfumed products 24 -48 hours before treatment
- Cease use of Vitamin A (retinol, retinoic acid) for 1 week prior

- Cease use of photosensitizing medication
- AVOID swimming in strong chlorinated water immediately prior to treatment
- Hydrate the body by drinking plenty of water
- DO NOT use instant tanning products for 2 – 3 weeks before treatment
- A doctor's letter may be required to confirm that there is no evidence of skin cancers.
- Consultation with your technician is required minimum 48 hours before 1<sup>st</sup> treatment. Patch test will be performed during this visit.

## Post Treatment

- There may be swelling and redness, this can last up to 3 – 5 days
- Apply 'Laser Aid' twice a day
- Use the recommended home care products provided by your technician
- Scab like areas will eventually fall off leaving new healthy skin underneath - DO NOT scratch or pick the area
- DO NOT expose the treated area to sun or sun beds for at least 4 – 6 weeks
- If hands are treated wear cotton gloves while driving
- Wear 30+ sun block every day, continuously
- Pigmented lesions will become darker before they become lighter
- Vascular spots can appear to be darker before they disappear

NB. Cooling packs can help to relieve any discomfort during the first day after treatment.

**This pre & post treatment care is a guide to help you get the best from your treatments and procedures. If you have concerns or any further questions please call the clinic on 4297 7455 and talk to one of our friendly staff.**

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