



INTENSE PULSED LIGHT (IPL) AND LASER TREATMENTS

These treatments include the following:

- Prowave Intense Pulsed Light (IPL) Permanent Hair Reduction Treatment
- Limelight Intense Pulsed Light (IPL) Skin Rejuvenation Treatment
- XEO Nd Yag Laser Permanent Hair Reduction Treatment
- XEO Nd Yag Laser Vascular Treatment

Q: Who is not a good candidate for these treatments?

A: If you are prone to keloids, hyper or hypo pigmentation, are dark-skinned, darkly tanned or do not react well to burns you may not be an ideal candidate for IPL Skin Rejuvenation or Laser Vascular treatments (excludes Laser Genesis treatments). Fair Asian skins can respond very well to IPL treatments but darker Asian skins are more suitable for Laser treatments. If you suffer with insulin dependent diabetes you may not be a suitable candidate for IPL or Laser technologies as the condition may impact negatively on wound healing. You are also not a candidate if you have a blood clotting disorder (i.e. excessive bleeding). IPL Skin Rejuvenation and Laser treatments have not been demonstrated to be safe for pregnant women. If you suffer with Vitiligo at the site to be treated be aware that the heat from the treatment could induce a flare up of the condition.

Patient Considerations including but not limited to are below.

- Current Medications (both routine and occasional use)
 - Roaccutane – will not treat if taken in the last 6 months
 - Gold Therapy – may cause blue-grey discoloration at the treatment site
 - Photosensitizing drugs (Tetracycline) – may have to adjust treatment settings according to the clinical response from the test area
 - Anticoagulants – may increase risk of bruising
- Herpes – pre-treatment with an antiviral is advised. See our FAQ sheet on “COLD SORES” for more advice.
- Wound infections – treatment will not be carried out over an area of skin infection
- Skin Cancers – treatment will not be carried out over a suspicious skin lesion or any pigmented mole

The following are recognised effects that can occur following an IPL treatment

- Lightening or darkening of the skin may occur in treated areas. This can result in ‘striping’ on the skin. Lighter stripes are more common in people with a slightly darker natural skin tone (this effect is resolved by further treatments and is often a necessary result from the first 1-3 treatments). Darker stripes are more common in people who fail to use 30+ sunblock and/or expose the treated skin to sunlight within the first week after the IPL treatment. Darker striping can also occur in people with paler skin types or in treatments where higher settings can be used.
- There may be bruising, which is more common after treatments for broken capillaries and this may last for 1-7 days. If it occurs, avoid medications such as aspirin or nurofen, which are blood-thinning agents and may exacerbate bruising, for 24 hours (if these medications have been advised by your GP please check with your GP before stopping them). Also avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E, which are blood thinning agents and may exacerbate bruising for 24 hours (if these supplements have been advised by your GP

please check with your GP before stopping them)

- There may be swelling that can last 1-4 days - Apply cold compresses (eg bag of peas) at home if required. Some clients experience more severe swelling but this will still resolve spontaneously.
- Some redness is common for a few minutes to a few hours after treatment and is unlikely to last for more than 72hrs.
- There may be some itching of the skin. Avoid scratching the skin. You can take an antihistamine eg Claratyne to alleviate this irritation, which should settle after 1-3 days.
- Extremely rare, blistering may occur. If this occurs apply cold compresses and cooling gels (Aloe Vera or ASAP Soothing Gel) or specific topical treatments (eg Silvazine Cream – available for your chemist) and **DO NOT** apply ice.
- Pigmented spots and freckles may darken after the treatment and within 1-2 days a fine flaky covering may develop over them which may range in colour from brown to almost black (looks like pepper has been sprinkled over the skin). The presence of this darkening effect is less likely with repeat treatments and in normal/oily skin types.

The presence or absence of this effect does not impact on the final result from this treatment. Any darkened areas and fine flaky skin will naturally shed over the next 7 days to reveal a fresh skin with more neutral skin colouring. Crusting of the skin is very rare and will shed spontaneously over a few days

- Development of infection related to scratching or picking of the skin after treatment is rare but can be treated by the use of an antibiotic ointment or oral medication.

Prior to an IPL treatment

- You **MUST NOT** have had any skin irritation, sun exposure (causing tanning of any degree) or fake tan use for 3 weeks prior to your treatment. This includes going golfing, walking on the beach or even walking the dog that morning! If your skin has too much tan on it you **WILL BE** turned away and your treatment will be rescheduled. Fake tanning includes spray tans, cream self-tanners and tanning moisturisers.
- Ensure that you have no history of abnormal skin healing, scarring or suspicious skin lesions
- You **MUST NOT** have taken Roaccutane or Gold therapy in the last 6 months
- You **MUST NOT** have had a chemical peel or laser resurfacing in the last 6 months.
- You **MUST NOT** have used skincare containing Retinoic Acid eg Retin A, Zorac in the last 7 days
- You should discontinue the use of any blood thinners such as Warfarin, Heparin, aspirin or other types of anti-platelet or anti-coagulant herbal remedies including Vitamin E, Multi- Vitamins, Glucosamine, Fish Oils, Garlic, Ginger, Cayenne, Papaya, Bilberry, Gingko & Selenium all of which have anti-coagulant properties. These should be ceased for 5-7 days prior to the treatment for pharmacy medications and 1-3 days prior to the treatment for supplements.
- You must advise your cosmetic practitioner of any Pacemaker, surgical implants or facial threads.
- You must advise your cosmetic practitioner of any cosmetic tattoos present on the area to be treated – IPL **MUST NOT** be performed over tattoos.
- You **MUST** advise your cosmetic practitioner if you have ever suffered with cold sores.

The following are recognised effects that can occur following a Laser treatment

- There may be some redness that can last for 1-3 days – Apply cold gel pack or cold compresses (eg bag of peas) at home if required.
- There may be some swelling (looks like mosquito bites) that can last up to 48 hours - Apply cold gel pack or cold compresses (eg bag of peas) at home if required.
- There may be bruising, which is more common after treatments for broken capillaries and this may last for 1-7 days. If it occurs, avoid medications such as aspirin or nurofen, which are blood-thinning agents and may exacerbate bruising, for 24 hours (if these medications have been

advised by your GP please check with your GP before stopping them). Also avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E, which are blood thinning agents and may exacerbate bruising for 24 hours (if these supplements have been advised by your GP please check with your GP before stopping them)

- There may be some itching of the skin. Avoid scratching the skin. You can take an antihistamine eg Claratyne to alleviate this irritation, which should settle after 1-3 days.
- Extremely rare, blistering may occur. If this occurs apply cold compresses and cooling gels (Aloe Vera or ASAP Soothing Gel) or specific topical treatments (eg Silvazine Cream – available for your chemist) and **DO NOT** apply ice.
- Crusty areas of dead skin may develop where the laser has been fired and this will settle after a few days. You **MUST NOT** pick, scratch or use any exfoliant (gentle exfoliation may be allowed after 3-5 days) as this may damage the new skin and introduce bacteria leading to skin infections. Start to gently exfoliate the skin after 3-5 days to remove the flaky dead skin that commonly forms after treatments.
- Treated broken capillaries may appear darker in the first 1-3 days after treatment and will gradually fade away over the next 4 weeks as the body reabsorbs them.

Prior to a Laser treatment

- You **MUST NOT** have had any skin irritation, excess sun exposure (causing sunburn) or fake tan use for 3 weeks prior to your treatment. This includes going golfing, walking on the beach or even walking the dog that morning! If your skin is sunburnt you **WILL BE** turned away and your treatment will be rescheduled. Fake tanning includes spray tans, cream self-tanners and tanning moisturisers. Please note that darker skin types are safe candidates to undergo Laser treatments.
- Ensure that you have no history of abnormal skin healing, scarring or suspicious skin lesions
- You **MUST NOT** have taken Roaccutane or Gold therapy in the last 6 months
- You **MUST NOT** have had a chemical peel or laser resurfacing in the last 6 months.
- You **MUST NOT** have used skincare containing Retinoic Acid eg Retin A, Zorac in the last 7 days
- You should discontinue the use of any blood thinners such as Warfarin, Heparin, aspirin or other types of anti-platelet or anti-coagulant herbal remedies including Vitamin E, Multi- Vitamins, Glucosamine, Fish Oils, Garlic, Ginger, Cayenne, Papaya, Bilberry, Gingko & Selenium all of which have anti-coagulant properties. These should be ceased for 5-7 days prior to the treatment for pharmacy medications and 1-3 days prior to the treatment for supplements.
- You **MUST** advise your cosmetic practitioner of any Pacemaker, surgical implants or facial threads.
- You **MUST** advise your cosmetic practitioner if you have any metal implants in the area to be treated
- You **MUST** advise your cosmetic practitioner of any cosmetic tattoos present on the area to be treated – IPL **MUST NOT** be performed over tattoos.
- You **MUST** advise your cosmetic practitioner if you have ever suffered with cold sores.

After your IPL or Laser Treatment

- Cold compresses may be applied with a soothing gel to alleviate redness and reduce the feeling of sunburn. Ice **MUST NOT** be applied after these treatments.
- Sunscreen + SPF 30/50 moisturiser **MUST** be applied every day whether you are inside or outdoors for the following 4 weeks. It is also important to remember that UV exposure played a huge part in forming broken veins and brown pigmentation/freckling in the first place so why wouldn't you make the application of sunscreen + SPF Moisturiser a regular daily activity from now on?
- For specific aftercare instructions regarding your IPL treatment see our Aftercare section.
- For specific aftercare instructions regarding your Laser treatment see our Aftercare section.
- For specific aftercare instructions regarding your Laser Genesis treatment see our Aftercare section.