

PROWAVE IPL PERMANENT HAIR REDUCTION

AFTERCARE INSTRUCTIONS

You have completed your Prowave hair reduction treatment and your cosmetic practitioner has gone through your aftercare instructions with you. This is a written version of those instructions for your convenience and it is important that you read and follow these instructions to ensure the best result from your treatment.

The following are common occurrences after Prowave treatments:

- Redness and perifollicular oedema (looks like a rash/bug bites) are common and spontaneously resolve over 24-72 hrs.
- Bruising and swelling are less common but may occur and will resolve with time
- Hair may take up to 2 weeks to fall out
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) 3-5 days post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, AHA, BHA etc.
- Do not wax or pluck between treatments
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair.
- 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 1-2 days.
- Consult with your cosmetic practitioner about when to resume your skin care regime. Your cosmetic practitioner will discuss a suitable skin care program to compliment your treatment and address your particular concerns. There may be some mild redness and swelling that can last for a few hours – Apply soothing creams if necessary such as Aloe gel/cream.

You **MUST** avoid sun exposure, saunas and solarium treatments for at least 3 weeks after the Prowave IPL treatment because the area treated will be more prone to burning and increased pigmentation during this period. Following the treatment, you can return to your normal activities right away, but some redness may occur. The use of sunscreen is recommended on any treated areas exposed to the sun. In addition, your cosmetic practitioner may recommend that you use a specially formulated skin care product line or prescribe a skin care regimen especially formulated for your skin type. Apply a 30+ or 50+ sunblock frequently and daily for 1-2 weeks after treatment.

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). However, you **MUST** contact the clinic immediately for advice, preferably before applying any topical treatments.

Three to seven days after treatment you may experience what seems to be regrowth of hair. Actually, most of these hairs are being shed as a result of your treatment and are not regrowing. Between treatments you should not wax or pluck your hair, but it is permissible to shave.

Most areas require 3-6 treatments. However, the number of treatments required for optimal long-term benefits depends on multiple factors – hair thickness, the area treated and your hair's growth cycle. Each hair grows at a different rate and goes through three distinct phases: growth, regression, and resting. ProWave treatments work by disabling the hair that is principally in the active growth phase at the time of treatment. Since other hairs will enter this active growth phase at different times, additional treatments may be necessary to disable all of the hair follicles in a given area. If you have any questions about aftercare please call Rejuven8 Cosmetix on Ph: 55933388.

ADDITIONAL RECOMMENDED TREATMENTS & PRODUCTS

- ASAP Clearskin Gel
- ASAP Soothing Gel
- Skinstitut Laser Aid
- ASAP Glycolic Scrub or Skinstitut Glycolic Scrub