



Treatment Advice

IPL, Laser and Advanced Electrolysis

Pre-treatment Care

It is important that you avoid the following within a 2-4 week period prior to your treatment:

- Exposure to sunlight and sun-beds
- Self-tanning products
- Electrolysis
- Waxing
- The use of tweezers or threading
- Bleach
- Depilatory creams
- Anti-inflammatory medications (including aspirin & ibuprofen)
- Do not smoke 4 hours before treatment

Before Treatment

- All treatments require a full initial consultation and patch test* prior to your first completed treatment
- IPL & Laser treatments only - remove all hair on treatment area by shaving 24 hours before

** All IPL and laser treatments require a full initial consultation and patch test prior to your appointment. A £20 charge is redeemable against the cost of your full treatment.*

Post-treatment Care

We would advise you to do the following whilst your treatment is ongoing:

- Avoid sun exposure or sun beds
- Wear SPF 30 or higher when outside
- Keep hydrated
- Keep area dry and clean
- Do not rub the area, only pat dry

Please avoid the following for the next 24-48 hours after your treatment:

- Perfume, body lotions, aftershave, deodorant
- Excessive heat e.g. saunas, steam rooms or hot baths and showers
- Swimming and excessive exercise
- Touching / scratching the area
- Avoid irritants such as Retin-A, Retinol, glycolic, bleaching creams and exfoliants
- Make-up (2 hours if no immediate side effects)

Please note:

- Aloe Vera gel must be applied for a minimum of 48 hours after treatment
- Hair removal only - you may shave and or exfoliate the area 4 days after treatment to encourage the hairs to shed

For more specific aftercare advice relating to your treatment please go to www.cliniclaser.co.uk

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