

# IPL Preparation + Aftercare

Hair Reduction + Photo Facial Treatments



## 30 Days Before Treatment

Avoid the following:

- **DO NOT** sunbathe
- **DO NOT** use sun beds
- **DO NOT** use self-tanning products
- **DO NOT** have electrolysis
- **DO NOT** wax
- **DO NOT** pull out hair with tweezers
- **DO NOT** thread the hair
- **DO NOT** bleach the hair
- **DO NOT** use depilatory creams

## 2 Days Before Treatment

Shave as close to your treatment as possible, leaving a small patch with approximately 2mm or 2 days of hair growth for visual assessment

## 24-48 Hours After Treatment

Avoid the following:

- **NO** perfumed products or makeup
- **NO** excessive heat, e.g. saunas, steam rooms, or hot baths
- **NO** swimming or gym
- **NO** touching, picking, or scratching the area

## Aloe Vera Gel

Pure Aloe Vera gel must be used for the next 48 hours, after the treatment, if any inflammation persists – we suggest the SBC Aloe Vera Skincare Gel, which is available to purchase in-Spa.

## 4 Days After Treatment

You can shave and exfoliate, to encourage the hairs to shed

## 30 Days After Treatment

We would advise that you should do the following for the next 30 days after an IPL Hair Reduction treatment:

- Avoid sun exposure and sun beds
- Wear at least an SPF 30, or higher, when outside

## Hair Removal Between IPL Treatments

The only method of hair removal which is suitable between treatments is shaving

- **DO NOT** wax, thread, or pull hairs
- **DO NOT** use a bleaching cream
- **DO NOT** use a depilatory cream