DERML skin lab

IPL

Pre & Post Care Information

For questions, concerns or bookings please contact our clinic.
In the event of an emergency, contact your senior clinician or local doctor.

BEFORE YOUR TREATMENT

4 Weeks Prior: Preparation

✔️Avoid sun exposure, tanning beds, and self-tanning products for at least 4 weeks before treatment.
✔️Apply SPF 50+ sunscreen to any areas you plan to treat.
✔️Discontinue retinoids, AHas, and prescription strength exfoliants for 2 weeks before treatment.
✔️Avoid photosensitising medications (antibiotics, antidepressants, St John's Wort) where possible. Consult your GP first.

On the Day

✔️Do not wax, tweeze, or use mechanical epilation in the treatment area between sessions. Shaving only.
✔️Arrive with clean, product-free skin in the treatment area.
✔️Inform your clinic of any changes to your health or medications before each session.

AFTER YOUR TREATMENT

Days 1 to 2: Immediate Care

✔️What to expect: A mild sunburn-like sensation, redness or swelling in the treated area is normal and typically resolves within 2 to 3 days.
✔️What to do: Apply the recommended post-care product or a gentle, fragrance-free moisturiser. Avoid applying cosmetics or cosmeceutical products to the treated area for 48 hours.
✔️Do NOT: Pick, scratch or remove any scars or crusting. Avoid heat exposure (saunas, steam rooms, hot baths) until redness has fully resolved.

Days 3 to 14: Healing

✔️What to do: Apply SPF 50+ sunscreen daily and reapply as directed. Avoid sun exposure, tanning beds and fake tan throughout your treatment course.
✔️Note: Darker skin types may require additional treatments and modified settings. A test patch is performed prior to your first full treatment.

Ongoing: Treatment Course

✔️What to do: Best results are achieved when follow-up treatments are scheduled as recommended by your clinic.

When to seek help

✔️Contact your clinic or seek medical attention if you experience blistering, burns, prolonged redness beyond 3 days, signs of infection (spreading redness, heat, discharge or fever), or any severe or unusual skin reactions.