

# Laser IPL

## Pre-Treatment Requirements and Aftercare

### Pre-Treatment Requirements:

- **NO** hair maintenance that removes the hair from the follicle (including waxing, sugaring, tweezing, epilation, threading)
- **NO** bleach or depilatory creams for 2 weeks before and during treatment
- **NO** sun exposure for 2 weeks before treatment
- **AVOID** topical products on area with high Vitamin A/AHA content for 7 days
- Skin must be in good condition

### Aftercare:

- **NO** sun exposure for at least 2 weeks
- For 48 hours after treatment:
  - **NO** hot baths/showers (tepid only)
  - **NO** heat related treatments including swimming/sauna etc
  - **NO** deodorant/perfums or scented body lotions (24 hours)
- Apply a cool compress/aloe vera if area is warm after treatment
- Contact the clinic **immediately** if there are any concerns



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**Asclepion**  
Laser Technologies

# Laser IPL - Frequently asked questions:

## HAIR REMOVAL

### How does it work?

IPL Laser Hair Removal works by emitting a wavelength of light into the skin, which in the case of hair removal targets pigment. It works in the same way black clothing absorbs heat on a hot day, versus white clothing which reflects it. The light is absorbed by the pigment in the hair. It quickly turns to heat which then kills the growing cells that make the hair.

### Is it painful?

Most people find some level of mild discomfort similar to a flick from a small elastic band. Comfort levels are improved by the unique cooling system built into the filter head. Mild redness may occur but will only last for a short period of time.

### How long does it last?

Clinical studies have shown that IPL Laser technology is effective in permanently removing existing hair growth.

### How many treatments are required?

The treatment is effective when hairs removed are in the growing (Anagen) phase. Research indicates that 20-30% will be in this stage at any one time. As a result an average of 6 treatments are required. The actual number varies between individuals. Treatments are taken at an average of 4 weekly intervals.

### Is it suitable for everyone?

The short answer is no. Those with white hair will not generally find the treatment effective due to lack of pigment. Also darker skin types have a higher risk of pigmentation due to the higher melanin content of the skin.

### Do I require a patch test?

Yes. A medical history consultation and patch test is required at least 3-5 days prior to treatment.

## SKIN REJUVENATION

### How does it work?

In younger skin, the cells are replaced about every 21-40 days. As we mature, the cells regenerate more slowly and the rate of replacement falls by about half. Levels of collagen also fall. Collagen is the skins scaffolding, it helps to support other tissues which hold the skin together.

IPL Laser stimulates the production of fibroblast cells within the skin that produce collagen and elastin resulting in smooth, tighter, firmer and more radiant skin. IPL Laser also eliminates broken capillaries, age/sun spots and acne. After just one treatment improvement can be seen within 2-3 weeks.

### Is it painful?

Most people find some level of mild discomfort similar to a flick from a small elastic band. Comfort levels are improved by the unique cooling system built into the filter head. Mild redness may occur but will only last for a short period of time.

### How many treatments are required?

We recommend 6 treatments 3-4 weeks apart for optimum results. However, results can be seen after just 1 treatment which is a good option for a special occasion as it stimulates the skin to give a fresher, smoother, tighter, younger look.

### Do I require a patch test?

Yes. A medical history consultation and patch test is required at least 3-5 days prior to treatment.

### What other conditions does IPL Laser treat?

IPL Laser is also effective in treating thread veins, pigmentation and acne. Please ask a member of staff for more information.