



IPL CARE INSTRUCTIONS

Congratulations!

We here at Saintly Skin are just as excited as you are to start your journey to a better you with our IPL treatments. There are a few rules and regulations the must be followed to ensure the best results throughout your treatments. Please be sure to follow these instructions closely as they are for your safety as well as to provide the best results possible. Please let us know if you have any further questions.

BEFORE

Before any IPL treatments you must avoid sun exposure, tanning beds and tanning creams and refrain from using these products or services before any following treatments.

DAY OF SESSION

Do not take any medications, vitamins, or herbal supplements before treatments that may be photosensitive. Let us know if you are taking any medications or any changes to your original paperwork.

No vigorous exercise, hot showers, or saunas for 24 hours.

Avoid tight fitting or heat-retaining clothing day of treatment.

No tanning wether natural or artificial. Avoid sun exposure for at least 7 days before and after each session.

Do not use harsh chemicals, skin peels, or chemical acids (glycolic or retinoic acid) at least one month before treatments.

Do not use any creams or serums with vitamin A or retinoic acid (usually found in wrinkle creams).

AFTER AND THROUGHOUT TREATMENT

Apply SPF regularly when being exposed to any amount or time of sun throughout treatment course.

If there is warming, itching or redness in the area, chill for 20 minutes with a cold wet cloth.

Specific instructions for each treatment

PHOTOFACIAL INSTRUCTIONS

Refrain from picking or scratching after the treatment. Apply moisturizer to keep the skin moist.

Apply SPF regularly when exposed to any amount of sun before as well as after treatments.

Do not use any vitamin A or retinoic acids for 3-5 days before as well after per your service providers specific instructions.

HAIR REMOVAL INSTRUCTIONS

Shave at least 24 hours prior to appointment. But avoid waxing, tweezing, and depilatory creams before and during treatments.

Apply SPF regularly when exposed to any amount of sun before as well as after treatments.