

It is critical that you follow all aftercare instructions below in addition to any advice given by your practitioner to prevent any complications and achieve the best results from your treatment. If the advice given by your practitioner differs from the below, please follow the advice of your practitioner. If you have any concerns or questions please call us on 0333 242 8528.

PLEASE NOTE: The below are common side effects associated with IPL / BBL treatments. If you experience any of the below please do not worry. If side effects continue beyond 48 - 72 hours or you have any concerns or questions please call us on 0333 242 8528.

- Swelling
- Bruising
- Much darker pigmentation

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- It is helpful if you come to your appointment with clean skin and no makeup, although this is not a necessity.
  - It is important to avoid exposure to strong sun for 4 weeks prior to treatment and 4 weeks after treatment. We advise the use of total sun block during the period of treatment.
  - We are aware that not all trips abroad are planned with your treatment in mind. If you need to cancel your appointment for whatever reason, we would appreciate at least 48 hours' notice or a cancellation fee may be charged.
  - Avoid using all fake tanning products for at least 10-14 days prior to treatment.
  - We advise against the use of aspirin or Ibuprofen for at least 48 hours prior to IPL/BBL. It can make you more prone to bruising.
  - We need to know what medications you are taking including herbal preparations / aromatherapy oils. Some of these will make your skin more photosensitive (ie. more sensitive to the effect of the IPL)
  - In the first 48-72 hours after the procedure, it is not unusual for some swelling to occur in the region of the face, specifically around the eyes. The use of a cold flannel or eye pack carefully applied can help to reduce swelling.
  - For 48-72 hours following your treatment avoid:
    - Saunas and steam rooms
    - Excessive and prolonged exercise i.e. classes/gym
    - High performance cosmetics
  - You are permitted to wear light make up following treatment.
  - Whilst it is important for us to bring to your attention the possible reactions to this treatment, often patients may not experience these at all. If this is the case, do not worry, it does not mean that the treatment has been ineffective.

You must contact the clinic if you notice you have a blister immediately after treatment. Please apply Vaseline until the clinic has seen or spoken to you.

It's important to have your follow up treatments and to continue with your treatment plan to achieve the best results. Please call us on 0333 242 8528 to book your next treatment.