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POST-TREATMENT CARE

IPL Treatments (Venus Versa IPL)

These post-care instructions have been created to help you care for your skin after your treatment in the clinic is complete. Following these instructions will maximize your aesthetic outcome. As you learned from our informed consent booklet and your discussion with a member of our medical team, most potential complications tend to be minor and can be effectively managed if we are notified promptly. If you do not understand any of these instructions, please do not hesitate to call the clinic and speak with a member of our medical team.

> In the rare instance that you are unable to reach a member of our medical team with a post-care concern, and you feel it is urgent, please go to the emergency room of your nearest hospital.

Remember, an excellent aesthetic outcome and quality care are our goals. We are here to help you!

CONTACTING THE OFFICE

- Office: 416-447-6176
- After hours: 647-699-8190

YOUR PROCEDURE

The treatment you have selected is Venus Versa IPL for skin rejuvenation, pigmentation, vascular lesions, acne and hair removal.

POST-PROCEDURAL CARE: DAY 1 TO 7

Healing time varies from patient to patient. The following describes the general recovery phases you might expect. Individual patients may experience variations from this course.

IPL Hair Removal

Perifollicular erythema and edema can appear after IPL hair removal treatments. These appear as bumpy redness in the treated area and may be accompanied by itching. When they occur, these symptoms can last approximately 5 to 7 days.

Pigment IPL Treatments

Browning or darkening of the skin pigment, purplish or black tints to a dark pigment, and crusting of the pigmented area over a few days may all occur as part of normal healing. The crusting will flake off. Erythema (redness) and edema (swelling) may also appear; these will resolve in 3 to 7 days.

Vascular Lesion IPL Treatments

Blanching, greying, or a deep purple tint or blackening of the vessel may occur over a few days as the damaged tissue is broken down and absorbed. This may last approximately 3 to 7 days.

Acne IPL Treatments

Deepening in colour of the treated lesions, tenderness of the lesions (if cystic), blanching or greying of vessels and vascular scars, and intense edema and erythema may occur, lasting 5 to 10 days.

Swelling, Discomfort and Redness

Significant swelling and redness may occur following your procedure for up to 24 to 48 hours. It is not uncommon to have swelling in the under-eye area for the first 1 to 2 days after treatment; this swelling will subside. You may also notice some redness and slight warmth coming from the treated area for the first 24 hours, similar to a mild sunburn. This is a normal part of your skin's healing response. Excessive or severe pain is unusual; if this occurs, please notify the clinic.

Activity

Post-treatment discomfort is mild, and you may return to your regular activities immediately. Avoid hot baths, saunas, Jacuzzis and pools for the first 2 days following treatment, as bacteria found in these environments could cause an infection. It is best not to apply ice or cooling compresses to the treated area, as the heat coming from the skin is the body's natural healing response. However, if you are experiencing extreme heat or discomfort, you may use cold compresses to soothe the area.

Moisturizer

Moisturizer may be applied 24 hours after each treatment. Then apply it regularly throughout your treatment program.

Makeup

After 24 hours, most patients are able to wear makeup to hide the pinkness of the skin. Remove all makeup from the skin at night, and do not sleep with makeup on the treated area.

Avoiding the Sun

Sun avoidance should become a permanent part of your long-term skin care program. Always use a broad-spectrum sunscreen of SPF 30 or greater. Avoid sun exposure, tanning beds and sunless tanning lotions on the treated areas throughout your treatment program.

Long-Term Skin Care

In addition to sun avoidance, we suggest all patients make long-term skin care a priority to maintain their rejuvenated appearance. We offer a program for long-term facial skin maintenance featuring state-of-the-art rejuvenating creams that are available only through, and administered by, our medical team.