

For skin rejuvenation using Laser/IPL:

- When treating facial redness or pigmentation there may be some swelling especially around the eye area (when the cheeks are treated). It is quite normal and to apply a cold compress the areas. You can also take an antihistamine and or ibuprofen to help reduce swelling also.
- The application of soothing moisturiser is recommended for 5-10 days and normal skincare can resume after 24-48 hours.
- Areas of pigmentation or redness that were treated will darken over the first 2-5 days which is normal and then this will gradually fade as the pigmentation and redness is reduced.
- Avoid high sun exposure to reduce the chance of hyperpigmentation or darker pigmentation.
- Use sunscreen SPF30 or greater at all times during the treatment process and also afterwards to protect the treated areas.
- Makeup may be used immediately after the treatment.
- Exercise is ok after 24-48 hours
- **Often a course of treatments is required to achieve the best outcome normally 2-4 sessions about 3-4 weeks apart.**