

Aftercare Advice

Pigmented Lesion IPL

* Day One: It will feel like sunburn for a few hours (maximum 4 hours). Be gentle, wash with only water and keep your face clean, hydrate and drink lots of water and sleep on a few pillows to stay elevated and avoid too much swelling.
* Day Two: Wash with a gentle cleanser in the morning (such as One Skin pH Wash) and use One Skin Protective Shield in the morning and evening and a good SPF if going out. Here at Elliott Skin and Laser, we recommend Heliocare sunscreens. Mineral makeup if needed (but no heavy makeup is advisable)
* Day Three and Four: Skin will feel tight and start to feel dry, water spots may appear at this stage. Swelling should decrease and make sure to moisturise regularly with One Skin Protective Shield or Hyaluronic Cream. Avoid products that contain AHA’s or labeled as Anti Aging as they will be too harsh and cause more redness.
* Day Five and Six: Keep on moisturising as much as your skin needs! Will still feel tight/dry.
* Day Seven: Time to exfoliate and the scabs will start to come away. We recommend booking in for a facial with us here at Elliott Skin and Laser so we can assess your results so far and carry out a thorough exfoliation for you. If you choose to do this at home, start gently in the morning and the evening and continue to moisturise well and regularly, especially overnight.
* Day Eight Onwards: You can return to your normal products and skin regimes. Do exfoliate more often than usual but not if skin feels sore or tender. Your skin will start to return to normal and freshen up over the next week.

We recommend a follow up appointment after 14 days for a facial and LED light treatment for the best results.