



**ABSOLUTE**  
COSMETIC MEDICINE

## **INTENSE PULSED LIGHT (IPL) THERAPY INFORMATION**

### **WHAT IS IPL?**

IPL is a technology known as Intense Pulse Light. this non-invasive light therapy treatment can be used to reduce hair; eliminate and improve rosacea and broken capillaries on the face and chest, as well as remove or fade brown pigmentation caused by sun damage or hormonal changes. In addition IPL stimulates and promotes new collagen in the dermal layer assisting with fine lines, wrinkles and the texture of the skin.

### **HOW DOES IPL WORK?**

IPL generates intense pulsed light, which safely absorbs blood vessels so they fade and slowly disappear through the lymphatic system over a 2 - 8 week period. Treatment is applied by placing a hand-held treatment unit on your skin.

### **WILL TREATMENT HURT?**

Treatment feels like a snap of a hot elastic band. Local anaesthesia or pain medication is not required in most cases.

### **ARE THERE SIDE EFFECTS?**

You may experience some side effects, which generally last only a short time. This may include redness of the skin or local swelling, which goes away within a few days. In rare instances, there may be transitory blistering or burning or microcrusting as brown pigment migrates to the skin's surface. Longer lasting side effects may include temporary changes in skin colour, which last up to several months. Permanent complications are possible.

### **HOW MANY TREATMENTS ARE REQUIRED?**

Usually 4-6 treatments (maybe more) are required. Each session generally lasts 15-20 minutes.

### **ARE THERE RESTRICTIONS ON MY ACTIVITY AFTER TREATMENT?**

Usually you can return to work the same day and resume all regular activities. You should limit exposure to the sun, which is always a good idea.



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## IPL PHOTO REJUVENATION AND HAIR REMOVAL AFTERCARE

Please see the website [www.absolutemakeover.com.au](http://www.absolutemakeover.com.au) for more information.

### WHAT TO EXPECT DIRECTLY AFTER A TREATMENT:

You may experience some redness and subtle inflammation to the treated area which will last 24-48hrs. It is normal to feel like you are sunburnt and this sensation should settle within a few hours.

You may experience micro-crusting on sun damaged areas which will darken and naturally shed over 3-14 days post-treatment.

Apply ice packs and cool compress for 30 minutes to 1 hour following treatment to help ease temporary discomfort and avoid swelling. Avoid direct contact of ice to skin.

Avoid exercise and heat-induced activities for 24hrs post-treatment.

Care should be taken to prevent trauma to the treated area for 4-5 days post-treatment.

Do not exfoliate until your skin has finished peeling. When recommencing your regular skin care regime, test first in a hidden area, such as under your chin. Do not pick or scratch the treated area to avoid infection. If the skin is broken or a scab appears, apply Vaseline or Dermeze, available over the counter from Pharmacies. If signs of infection develop (redness, pain or pus) contact us immediately.

Make-up can be applied directly after treatment as long as skin is not broken.

Sunscreen SPF 50+ UVA and UVB should be applied and used prior to exposure to sunlight.

Try to limit or avoid your exposure to sunlight and sun tanning as this increases the concentration of melanin in your skin, which then competes with the target pigment or hair for the laser's energy, which can cause burns. Fake tan can have the same effects, so please avoid this during the duration of your treatments.

**If you have any questions or concerns, please do not hesitate to contact us immediately on 08 9389 9099.**

## HAVE YOU ENJOYED YOUR EXPERIENCE AT ABSOLUTE COSMETIC MEDICINE?

WE WOULD LOVE TO HEAR FROM YOU. JUST FOLLOW THESE 3 EASY STEPS.

### STEP 1

Search "Absolute Cosmetic" on your web browser and then type in your clinic location (e.g. Nedlands, Joondalup, Morley, Applecross or Ellenbrook). You should get a screen like this. Click the blue section.

### STEP 2

After clicking the link, you should now be on our Absolute Cosmetic Google Reviews Listing. Scroll down until you see something that looks like this:

### STEP 3

From here, you simply need to click the 5th star and write your review. You may be prompted to login into your Google account (Gmail or Non-Gmail Based) to do so.

**And that's it! Thank you for choosing to leave a positive review for Absolute Cosmetic Medicine and sharing your feedback with others, we are so very appreciative!**

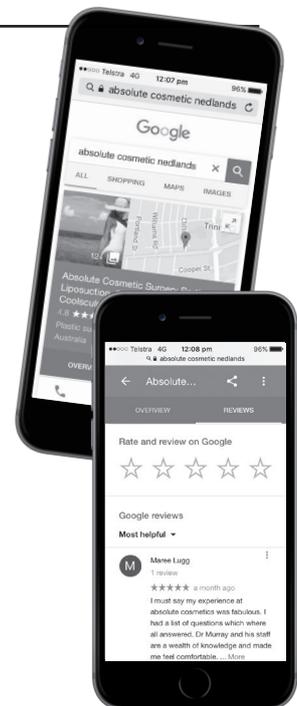
#### PLEASE NOTE: OUR SOCIAL MEDIA POLICY

We are always striving to improve and appreciate realistic, constructive criticism. We have a procedure for complaints which includes ringing the Practice Manager Karina on 9389 9099.

There is a great concern in the medical community regarding fake, good/bad reviews and libellous comments on social media. Recently a doctor was awarded \$480,000.00 for such comments. We value our reputation strongly with over 20 years' experience in the cosmetic industry and offer some services few other clinics offer. For example we offer some of the most experienced practitioners in Australia, with an afterhours urgent assistance number given. We also offer a complimentary second consultation so you are fully aware of the risks.

We have the most caring and attentive staff members who are there to assist you. Remember consent forms must be clearly read and understood prior to treatments as you must be aware complications are rare in our clinic but do occur and our experience is the key to resolving these.

So we do greatly appreciate your positive reviews and comments and hope you respect our request to address any complaints to our practice manger. Please note this is a condition of treatment and any incorrect or libellous comments made will incur legal action.



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