

## FOR YOUR INFORMATION IPL / LASER

### IPL

Intense Pulsed Light or IPL is a procedure that uses a broadband light wave to treat a variety of skin conditions. Many times, these devices are used to remove telangiectasias (AKA spider veins), photo-rejuvenation, facial wrinkles, hyperpigmentation, melasma, rosacea, acne and other vascular malformations.

Typically, skin experiences 3-5 days of feeling sensitivities, sunburn-type sensations and inflammation. Skin may appear red and then darkened brown patches will appear and naturally slough-off between 1-4 weeks. Below are the guidelines with incorporating your Skin Rehab products.

### Recommended Skin Rehab Post Care Products:

- Calming Milk Cleanse or Refreshing Gel Cleanse
- Burn Relief – *to be applied for the first 1-2 days*
- Growth Factor Gel – *begin applying on day 3 and continue through day 7*
- Vital Wound Relief – *occlusive to be used throughout healing*
- Barrier Protect Cream – *equivalent to SPF 30*
- HA2O Spritz – *may be used all day as needed for “a drink of water for skin”*

## LASER

There are many options available today when it comes to lasers. CO2 are generally ablative and affect all layers of the skin, causing immediate injury of tissue and initiating collagen synthesis. Fractional Lasers only injure a “fraction” of the skin, typically reducing the amount inflammation, pain and recovery time.

Depending on the type of laser being used will depend on the length of recovery. Generally speaking, skin will recover between 1-2 weeks. Skin experiences sensitivity, redness, inflammation, possible swelling, itchiness and general discomfort during this time. While skin may not experience all these symptoms, it is important to have the proper post care on hand.

### Recommended Skin Rehab Post Care Products:

- Calming Milk Cleanse or Refreshing Gel Cleanse
- Burn Relief – *to be applied for the first 1-2 days*
- Pro Salve – *to be applied for the first 1-7 days, depending on laser*
- Calming Skin Gel – *to be applied as needed if itching occurs*
- Growth Factor Gel or Plus – *to be applied days 3-14, depending on laser*
- Skin Rehab Hydrator – *to be applied days 3-14, depending on laser*
- Barrier Protect Cream – *equivalent to SPF 30*
- HA2O Spritz – *may be used all day as needed for “a drink of water for skin”*

We recommend avoiding makeup foundation unless it is RA IllumiColour Healthy Mineral Finishers to prevent any increased itching or irritations.