

INTRODUCTION TO IPL Photorejuvenation Treatment

IPL Photorejuvenation is a non-ablative procedure that uses intense pulsed light to trigger a wound healing response. This process stimulates collagen and elastin production along with several of the skin's self-rejuvenating mechanisms to improve the signs of ageing and improve skin texture and tone.

Considerations

IPL Photorejuvenation involves little downtime. Depending on the severity of the client's concern, 4 – 6 treatments are typically recommended monthly, with maintenance treatments recommended every 3 – 6 months.

Some cases are considered unsuitable for treatment:

- Clients who are not prepped four weeks prior
- Clients whose skin is not in optimal health (i.e. impaired barrier or compromised skin)
- Fitzpatrick Skin Type VI

Every client must undergo a thorough consultation and test patch 24 – 48h prior to the treatment.



Goals & Expectations

What are your treatment expectations?

INTRODUCTION TO

PL Acre Treatment

IPL Acne treatment is a non-ablative procedure that uses intense pulsed light to target C. acnes bacteria in the skin. C.acnes bacteria live in an oxygen-free environment & produce endogenic porphyrins. When these porphyrins absorb blue light, free radical damage & oxygen is produced. This process destroys the bacteria & reduces associated inflammation, assisting with the resolution of acne lesions.

Considerations

IPL Acne treatments involve little downtime.

Depending on the severity of the client's concern, typically, two treatments are recommended per week for the first 2 – 4 weeks.

Maintenance can be performed weekly to monthly, as required. Some cases are considered unsuitable for treatment:

- Fitzpatrick Skin Type V and VI
- Clients with congestion and blackheads but no papules or pustules (can only treat active bacterial pustules (no broken lesions)).
- Folliculitis: Acne is not to be confused with folliculitis or an infected ingrown. If unsure, test patch and wait for results.
- Clients who are not prepped four weeks prior
- Clients whose skin is not in optimal health (i.e. impaired barrier or compromised skin)

Every client must undergo a thorough consultation and test patch 24 – 48 hours prior to the treatment.

Goals & Expectations

What are your treatment expectations?



INTRODUCTION TO IPL Pigmentation Treatment

IPL Pigmentation treatment is a non-ablative procedure that uses intense pulsed light to target melanin in the skin, heating and shattering the brown pigment. Damaged melanin is then removed either via the lymphatic system or microcrusts on the surface of the skin and naturally sloughs off, resulting in a more even skin tone. Typically, this treatment is used to spot treat areas of pigmentation.

Considerations

IPL Pigmentation treatment requires minimal downtime. Depending on the extent of the client's concern, typically, 2 – 4 treatments are recommended at monthly intervals (face) or 6 – 8 week intervals (decolletage, arms or upper back), with maintenance treatments recommended every six months to 1 year.

Some cases are considered unsuitable for treatment:

- Any raised lesion (actinic keratosis, moles, etc.)
- Melasma, birthmarks, post-inflammatory hyperpigmentation (PIHP) or any other brown pigment that is not within the listed indications
- Fitzpatrick Skin Type V &VI
- Actinic bronzing (excessive sun damage/mottling) is not to be treated with IPL pigment. Treat with photo rejuv instead
- Treatment should be avoided on the torso (below decolletage), legs and feet.
- Clients who are not prepped four weeks prior
- Clients whose skin is not in optimal health (i.e. impaired barrier or compromised skin)

Every client must undergo a thorough consultation and test patch 24 – 48 hours prior to the treatment.



Goals & Expectations

What are your treatment expectations?

INTRODUCTION TO IPL Vascular Treatment

IPL Vascular treatment is a non-ablative procedure that uses intense pulsed light to target haemoglobin in the skin, heating and damaging unwanted vessels. Damaged vessels are then removed either via the lymphatic system, resulting in a more even skin tone. Typically, this treatment is used to spot treat vascular lesions of the face and upper body.

Considerations

IPL Vascular treatment has minimal downtime.
Depending on the extent of the client's concern, typically, 2 – 4 treatments are recommended at 1 – 2 week intervals, with maintenance treatments recommended every 3 – 6 months.

Some cases are considered unsuitable for treatment:

- Any vascular lesion below the heart -except cherry angiomas on the torso
- Fitzpatrick Skin Type V &VI
- Clients who are not prepped four weeks prior
- Clients whose skin is not in optimal health (i.e. impaired barrier or compromised skin)

Every client must undergo a thorough consultation and test patch 24 – 48 hours prior to the treatment.

If the client has general flushing or Rosacea, they will be best suited to IPL Photorejuvenation, only spot-treating telangiectasia with IPL Vascular (do not overlap these treatments).

If pigmentation is present in the treatment area, you must first treat and clear the pigmentation with IPL Pigment first, before treating it with IPL Vascular.

ENSURE THE CLIENT IS NOT ON BLOOD THINNERS / ANTI-COAGULANTS BEFORE COMMENCING TREATMENT.

TARGETING THE APPEARANCE OF REDNESS

Goals & Expectations

What are your treatment expectations?

CONTRAINDICATIONS Please tick any of the below that apply to you:



MEDICAL

Pregnancy or trying to become pregnant, Breast Feeding
Cancer or Chemotherapy (within two years)
Diabetes (type 1 & 2)
Autoimmune Disorders (i.e. Graves disease, Hashimotos, Vitiligo, Lupus)
Peripheral vascular or bleeding disorder
Immuno-compromised patients (e.g. HIV, AIDS)
Renal Failure (acute or chronic)
Multiple Sclerosis
History of Seizures or Epilepsy
Surgical metal pins or plates beneath the tissue being treated
Pacemakers and Internal Defibrillators (Dual Mode IPL)
Active Herpes (HSV 1, HSV 2, Herpes Zoster/Shingles) in the treatment area
Vitiligo
Inflammatory disorders: Eczema or psoriasis in the treatment area
Heart disease /cardiovascular conditions/bleeding disorders
History of keloid scarring
Cystic Acne
Hypoesthesia (numbness)
Raised Moles & Suspicious Pigmented Lesions in the treatment area
Any other medical condition not mentioned above (seek medical advice)
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NON -MEDICAL
Tanned (Spray-tanned) or UV Exposure in the area to be treated (In the last four weeks)
Chronic Sunbather
Open Lesions or bruises
Numbing cream in the treatment area
Melanotan injections/ Permatan Nasal Spray with the last six months
Clients aged less than 18 years old
Tattoos in the treatment area (including cosmetic tattooing)
Vascular lesions below the heart (IPL vascular only)
Pigmented lesion below the heart (IPL pigment only)
Melasma
Post Inflammatory Hyperpigmentation
Birthmarks
Small Blue Veins (IPL vascular only)





MEDICATION

 User of Roaccutane (in the last six months) User of Retin-A or Tretinoin in the treatment area (in the last two weeks) Photosensitising medication or St Johns Wort (in the past two weeks) Fish oil/EFA's (for medical purposes only) Blood thinners/Aspirin Any other medication or supplement not mentioned above -(prescribed antibiotics, antidepressants), over-the-counter (i.e. Antihistamines, NSAIDS), herbal supplements
PRECAUTIONS
Skin Types IV & V (increased risk of hyper-pigmentation - use Tyrosinase inhibitor) If the client is unwell (flu, common cold, etc.) Alcohol/Smoking/Drugs within 48 hours Hair removal: Waxing, Plucking, Electrolysis, Epilation, Depilatory Creams (within 4 wks) IPL/Laser hair reduction in the treatment area within last 4 weeks Hormonal imbalances: i.e. Polycystic Ovarian Syndrome Clients prone to Herpes (HSV 1, HSV 2) Active Skincare (Vitamin A, C and AHA + BHA within three days) Fillers (in the past four weeks) Anti-wrinkle injections (Botox or Dysport) (in the last two weeks) Chemical Peel, Micro/Hydrodermabrasion and Microblading (in the last two weeks) Surgery (within 3-6 months). Please Specify:
☐ Allergies to Latex ☐ Microneedling or IPL Skin Correction (in the last 2-6 weeks) San hull

to go your guide to understanding IPL contraindications



VHAT TO EXPEC

DAILY

REATMENT PREPARATIO

A sunscreen with SPF 30 or greater should be applied to protect against UV damage, prevent sunburn and prevent compromised skin barrier function.

8 WEEKS PRE-TREATMENT

· Avoid waxing, plucking, threading (or removing the hair from the follicle), using depilatory creams or undertaking electrolysis (including between treatments).

4 WEEKS PRE-TREATMENT

- Avoid the use of fake tan and gradual tanning creams in the area to be treated.
- · Avoid tanning and incidental sun exposure, including tanning beds/booths (including between treatments). The area must be covered and protected from the sun for safe and effective treatment.
- · Avoid filler injections in the treatment area.

2 WEEKS PRE-TREATMENT

- Prepare the skin with suitable skincare. This will include a tyrosinase inhibitor for Fitzpatrick Skin Types III+ and any skin prone to post-inflammatory hyperpigmentation (PIHP). Your treatment provider will advise you of your skincare recommendations.
- · Avoid prescription strength exfoliant creams on the treatment area.
- · Avoid antiwrinkle injections (Botox / Dysport) in the treatment area.

1 WEEK PRE-TREATMENT

- · Avoid benzyl peroxide application on the treatment
- If prone to cold sores, please speak to your pharmacist about a prophylactic course of antiviral medication.

3 DAYS PRE-TREATMENT

Avoid cosmeceutical Vitamin A, AHA's & BHA's, and Vitamin C application.

1 DAY PRE-TREATMENT

Please shave the treatment area thoroughly.

DURING THE TREATMENT

Mild to moderate heat and discomfort is expected. Some people equate the sensation to a "rubber band flicking" on the area. These sensations should always be tolerable.

IMMEDIATELY AFTER & UP TO 5 DAYS POST TREATMENT

- · A mild sunburn-like sensation.
- Itchv or drv skin.
- · Blanching or darkening of vascular lesions (IPL Vascular Only).
- Darkening of pigmented lesions (IPL Pigment Only).

2 WEEKS POST-TREATMENT

- IPL pigment, the lesions will begin sloughing off and fading. It's vital to avoid picking and exfoliating these lesions.
- IPL Vascular lesions will also darken and begin to fade.
- Abnormal responses: Extreme redness, swelling or heat.
- ORMAL REACTION Extreme sensitivity or blisters. Please contact your treatment provider immediately if you experience any of these

Please contact your treatment provider immediately if you experience any of these responses.

- protection is not worn)

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PL SKIN CORRECTION Treatment of



Daily:

- 1. Use sunscreen with SPF 30 or greater should be applied.
- 2. Avoid sun exposure to treated areas.

For the first 24 hours post-treatment (or until redness and swelling subside):

- 1. Apply chilled aloe vera gel or post-laser gel up to 3 x a day.
- 2. A cold compress every hour for five to ten minutes may be soothing to the skin. Do not apply ice directly to the skin. (Avoid IPL Photorejuvenation).
- 3. Avoid exercise and activities that increase perspiration and body temperature.
- 4. Avoid the use of pools, spas, and saunas.
- 5. Avoid extremely hot showers and baths.
- 6. Avoid the application of deodorant in the treatment area.

Up to 5 days post-treatment:

- 1. Avoid the use of scented lotions or soaps.
- 2. Avoid using cosmeceutical Vitamin A, AHA's, BHA's and Vitamin C.

Up to 1 - 4 weeks post-treatment:

- 1. Avoid the use of prescription strength exfoliant creams (prescriptive vitamin A).
- 2. Avoid antiwrinkle injections and filler injections in the treatment area.
- After two weeks, start gently exfoliating the treated area. This may include using a loofah, mitts, AHA & BHAbased lotions or retinol. Use of these products sooner will aggravate the skin and cause skin inflammation during the healing phase. (Avoid IPL Pigmentation: wait four weeks to exfoliate).

NPORTAN

Contact your treatment provider if you notice any blisters, crusts or open areas. Allow these to heal spontaneously. If healing is delayed, a thin coating of antibiotic ointment may be advised.

- 1. Do not pick at these areas. Picking may result in infection or scarring.
- 2. Your treatment provider will advise you when to schedule your next appointment, as different body areas require different treatment intervals. It is essential to adhere to this regime for the best results.
- 3. Maintenance treatments will be required and will be ongoing.

Throughout your treatment course, it is essential to advise your treatment provider of any of the following as these will influence treatment safety and efficacy:

- Sun exposure or fake tan application on the treatment area within the past four weeks.
- Any new health conditions, or if you have been unwell.
- Commencing any new medication (including short-term doses).
- Changes to current medications or supplements.
- If you are trying to become or become pregnant.





POTENTIAL (RARE) SIDE EFFECTS

IPL Skin Correction treatments are generally regarded as safe, effective treatments. However, in rare cases, unexpected results can arise, including:

- Extreme redness
- Extreme swelling
- Extreme heat
- Extreme sensitivity
- Blisters
- Bruisina
- Pigmentation changes

• Paradoxical hypertrichosis

Scabbing / Crusting

- Burns
 - Cold sores and acne outbreaks
 - Allergic reaction
 - Seizures
 - Scarring which may be permanent
 - Eye damage to the patient or operator, which may be permanent and include blindness (if appropriate eye protection is not worn)

Please contact your treatment provider immediately if you experience any of these responses.

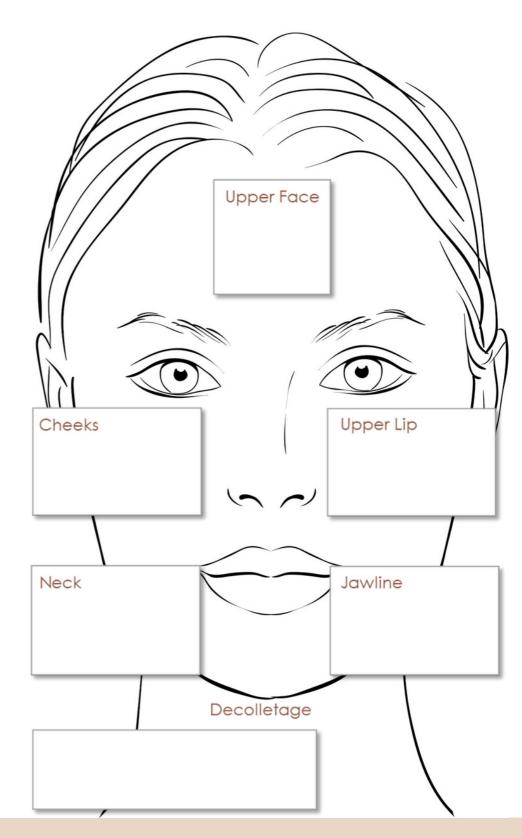
LEASE SIGN

____ certify that the information contained within this document is true and correct and that I have been advised and fully informed of the procedure and the nature of the process discussed, along with all risks, responses and pre and post-care instructions. I hereby authorize and direct my treatment provider to perform such services as prescribed.

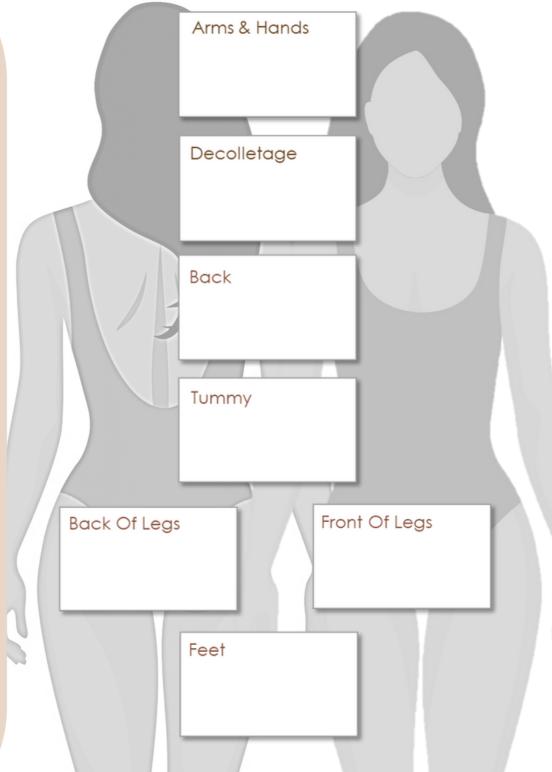
My signature below acknowledges that:

- I have read, understand, and fully agree to the treatment and product prescription.
- I understand the risks and contraindications for the treatments that have been prescribed.
- I give consent to the prescribed treatments that has been satisfactorily explained to me and my questions have been addressed.
- I hereby give my consent and authorization for my treatment provide to carry out the prescribed services. I release this organisation and its therapists of any claims that I have or may have in the future in connection with the described application or service.

IPL SKIN CORRECTION Baseline Skin Analysis



IPL SKIN CORRECTION Baseline Shin Analysis



Test Patch Record & Gient Consent

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Treatment Record & Client Congent

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Treatment Record & Client Congent

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Treatment Record & Client Congent

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Treatment Record & Client Congent

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TREATMENT 6 NOTES

Treatment Record & Client Congent

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Treatment Record & Client Congent

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TREATMENT 8 NOTES

Treatment Record & Client Congent

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Treatment Record & Client Consent

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TREATMENT 10 NOTES

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TREATMENT 11 NOTES

Treatment Record & Client Congent

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TREATMENT 12 NOTES