

# VAN LENNEP KLINIEK



By Cosmetique Totale

## Before and aftercare IPL, Fractional or Clearlift

### Before the treatment

The following is of importance for the result of the treatment to be optimal.

- For IPL, and Fractional laser treatment, the skin should not be tanned by the sun, tanning bed or self-tanner at least 4 weeks prior to treatment. The result can be negatively affected by activation of your pigment cells (melanocytes). If the skin does have some color, it is better to postpone the treatment for a month. If you appear too tanned at your appointment, the treatment needs to be postponed. Know that otherwise hyper or hypopigmentation (dark and/or light spots) can occur with sun tanned skin, skin that is not protected with SPF, some medications, or skin that is sensitive to it.
- Inform us with every treatment about your current product use, for example the use of self-tanner. This is because these have a stimulating effect on your own pigment cells, and this could cause pigment spots to return and possibly negatively affect the result of the treatment.
- If you have had a treatment with another specialist in the past 4 weeks, or 4 weeks after the last treatment, please inform us about this. We advise you not to combine our treatments with other treatments. During consultation we will make a customized treatment plan.
- No waxing of the skin is allowed one week before treatment until 4 weeks after treatment. Use of retinol acids is not recommended 3 days prior to treatment. Use of tretinoin (Vitamin A acid) is not recommended 3-7 days prior to treatment.
- Inform us with every treatment about your medication use.
- Please inform us if you are pregnant or want to become pregnant or if anything changes in your health condition. You cannot be treated with IPL, or laser when you are pregnant.
- Inform us in case of sensitivity to a cold sore (herpes infection) or other skin condition, even if it has just appeared after treatment. Sometimes we prescribe oral antiviral medication preventively in consultation. If you have an active cold sore at the time of treatment, it must be postponed, or another treatment zone may be treated. Always contact us prior to this.
- Please come to your appointment without make-up.



## During the treatment

The treatment takes an average of 15 to 90 minutes in total, depending on the size of the area to be treated and the type of laser. First the skin is clean and degreased. You will feel the following during the treatment:

- Clearlift treatment: You will feel a slight heat development.
- Fractional laser treatment: You will feel a moderate to strong heat development.
- IPL-treatment: It feels like a rubber band is being shot against the skin.

Post treatment, the skin may be soothed with a wet compress. This reduces the uncomfortable sensation after the laser treatment. The skin will also be treated with a soothing cream and a protective SPF.

## After the treatment

- Couperose treated with IPL: The skin may be red and warm to touch for a few hours. If the warm feeling increases, you may cool the skin at home with a cold compress.
- Pigment treated with IPL: the skin may be warm and red for several hours. If the warm feeling increases, you may cool the skin at home with a cold compress. You may also retain some swelling in the face during the first few days. The pigment may become darker in color after the treatment than it was originally. Over time, the pigment will break up and fade away. This process usually takes about a week.
- Skin renewal and tightening with Clearlift laser: The skin may be slightly redder (like a blush) and feel warm for the first two hours. Small red subcutaneous dots may become visible. These fade within a few days.
- Skin renewal and tightening, or scar improvement with Fractional laser: The skin is red immediately after treatment and will feel warm and burning during the first day. You may cool the skin at home, but it is not necessary. The skin will be red and peeling for 2-3 days. Also, small crusts may be seen. This takes a few days to a week to disappear. Average downtime will last up to a week.



## Advice and product use after treatment

- For at least 3 days, avoid products with high concentrations of acids or retinol (vitamin A) and manual scrubs. Cleansing, mild toners, moisturizers and UV protection are allowed. Avoid using tretinoin for at least a week.
- Do not wax or tweeze the treated area during the treatment course.
- For 48 hours after treatment, avoid: intense exercise, hot showering, sauna, swimming and bathing.
- Again, for all treatments, too much UV exposure should be avoided and thus an antioxidant and SPF 50 should be applied every day to prevent discoloration. Hyper- or hypopigmentation (dark or light spots) can occur with sun-tanned skin, skin that is not protected with SPF, some medications, or skin that is more sensitive to producing pigmentation.
- Mineral make-up may be applied immediately after the treatment. A tinted SPF50 may also be applied after the treatment. For all treatments except fractional laser, mineral make-up will immediately be able to camouflage any redness. You can instantly resume your daily activities.

Specific to IPL-treatment for redness/couperose:

- Avoid for 48 hours after treatment: alcohol, smoking and spicy food.

Specific to Fractional laser treatment:

- The skin should not be cleaned for the first 12 hours. After this, we recommend cleaning the skin twice daily with water and a mild cleanser. Do not rub the skin and gently pat dry.

The optimal result of the treatment becomes visible only after several weeks/months. The process of the skin needs time. Collagen stimulation improves up to 3 months after the treatment. Therefore, following a course of treatment is recommended. You get the most effect from the treatment repetition with an average of 4-6 treatments.

These treatments can be repeated every 4 to 6 weeks. Your skin therapist will give you specific advice on this.

## In case of an emergency

If you have any questions about the treatment or about a certain reaction after your treatment, please contact us.

You can easily contact us by phone or e-mail, Monday through Saturday during openings hours. Our exact opening hours can be found on our website.



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