



PATIENT INFORMATION

IPL

Intense Pulsed Light

Skin rejuvenation & hair removal — your guide to before & aftercare

CONSULTANT-LED CARE · WATERLOO, LIVERPOOL

WELCOME

Thank you for choosing The Pinewoods Clinic

This guide explains Intense Pulsed Light (IPL) treatment at The Pinewoods Clinic, for skin rejuvenation and hair removal: how it works, how to prepare, what happens on the day, how to look after your skin afterwards and when to contact us.

Every treatment is tailored to your skin. If anything in this guide differs from the instructions your practitioner has given you personally, **follow your practitioner's advice.**

Your practitioner

Jodie Miller

RADIOFREQUENCY MICRONEEDLING, IPL & HIFU

The Pinewoods Clinic, Waterloo

Jodie carries out our radiofrequency microneedling, IPL and HIFU treatments. She will carry out your patch test, plan a course of treatment tailored to your skin and hair, and support you through your aftercare.

All treatments at The Pinewoods Clinic are delivered under the clinical governance of our Medical Director, Mr Rob Laycock, Consultant Maxillofacial & Facial Plastic Surgeon (GMC 6145445), so medical advice is always available if you need it.

How to reach us

Telephone **0151 380 0055** • Email **treatment@pinewoodsclinic.com**

All voicemails and website contact forms are monitored. See Section 09 for warning signs.

SECTION 01

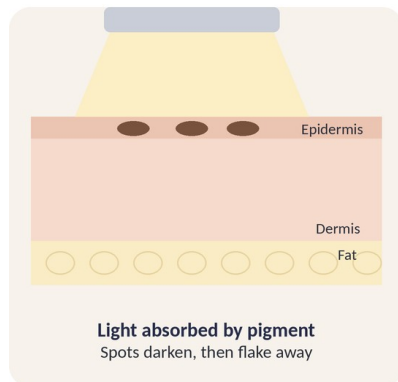
About IPL

IPL (Intense Pulsed Light) delivers flashes of broad-spectrum light into the skin. Unlike a laser, which uses a single wavelength, IPL uses a range of wavelengths, filtered to target a particular colour in the skin. The light is absorbed by pigment (melanin) or by blood (haemoglobin), heats it and breaks it down so that the body can naturally clear it away. The surface of the skin is left intact, so there is little or no downtime.

IPL can be used for skin rejuvenation — improving tone, clarity and redness — and for long-term hair reduction.

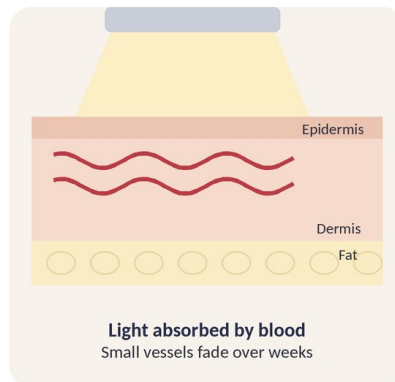
1 SUN SPOTS & AGE SPOTS

Pigmentation



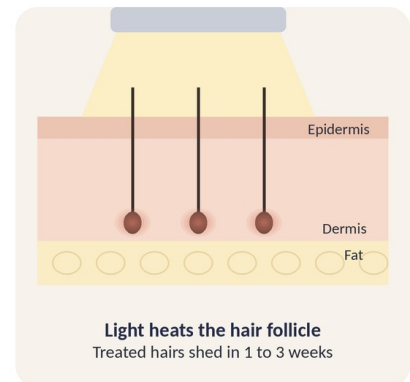
2 THREAD VEINS & ROSACEA

Redness & veins



3 LONG-TERM HAIR REDUCTION

Hair removal



Simplified cross-sections of the skin. Illustration for guidance only.

Skin rejuvenation

Sometimes called a photofacial. Fades sun spots and age spots, reduces redness and thread veins, and gives a clearer, more even complexion.

Hair removal

The light targets pigment in the hair, heating the follicle to slow or stop future growth. Works best on dark hair and lighter skin.

SECTION 02

What it can treat

IPL can be used on the face, neck, chest, hands and body to treat:

- ◆ Sun spots, age spots and freckles
- ◆ Facial redness, flushing and rosacea
- ◆ Thread veins and broken capillaries
- ◆ Dull, uneven skin tone
- ◆ Unwanted hair on the face and body

WHAT TO EXPECT	
Treatment time	Usually 15 to 45 minutes, depending on the area
Patch test	Required before your first treatment
Rejuvenation course	Usually 3 to 5 treatments, 3 to 4 weeks apart
Hair removal course	Usually 6 to 8 or more treatments, 4 to 6 weeks apart (face every 4 weeks)
Downtime	Little or none

Treatment may not be suitable if you

- ◆ Are pregnant or breastfeeding
- ◆ Have a tan, recent sun exposure or fake tan in the area
- ◆ Have darker skin types, where IPL carries a higher risk of pigment change — we will advise you
- ◆ Take medicines that make the skin sensitive to light, such as some antibiotics or St John's wort
- ◆ Have taken isotretinoin (Roaccutane) in the last 6 months
- ◆ Have epilepsy triggered by light, a skin infection, or tattoos or suspicious moles in the area

SECTION 03

Preparing for your treatment

At your consultation we will assess your skin type, hair and medical history. A patch test is carried out at least 48 hours before your first full treatment to check how your skin responds.

BEFORE YOUR TREATMENT	WHAT TO DO
4 weeks before	Avoid sun exposure, sunbathing and sunbeds. Use SPF 50 daily
4 to 6 weeks before (hair removal)	Stop waxing, plucking, threading and epilating — the hair root must be present
2 weeks before	Stop fake tan and self-tanning products
5 to 7 days before	Stop retinol, tretinoin and exfoliating acids on the area
24 hours before (hair removal)	Shave the area
On the day	Arrive with clean skin — no make-up, creams, deodorant or perfume on the area

SECTION 04

Risks and possible side effects

IPL is very safe when carried out by a trained practitioner and your skin has been correctly assessed, but there are possible side effects.

COMMON

Expected and temporary

- ◆ **Redness and warmth** — like mild sunburn; usually settles within a few hours to 2 days.
- ◆ **Darkening of pigmented spots** — they look like coffee grounds, then flake away within 7 to 14 days.
- ◆ **Mild swelling or bruised look over veins** — settles within days.

LESS COMMON

Can occur and may need treatment

- ◆ **Blistering or crusting** — usually heals without marking if left alone.
- ◆ **Darker or lighter patches of skin** — usually temporary, more likely with a tan or darker skin.
- ◆ **Hair regrowth** — some hairs will not respond, particularly fine, fair, grey or red hair.

RARE

Uncommon but important — see Section 09 for warning signs

- ◆ **Burns and scarring** — very rare.
- ◆ **Increased hair growth near the treated area** — rare, mainly on the face and neck.
- ◆ **Eye injury** — prevented by protective eyewear at all times.

FURTHER TREATMENT

IPL results build over a course of treatments. Pigmentation and redness can return with sun exposure and age, and hormones can trigger new hair growth, so occasional maintenance treatments are often recommended.

Additional sessions or re-treatment may involve additional costs, such as theatre, anaesthetic and surgical fees. Your surgeon will explain this at your consultation and the details are set out in your treatment terms. Please ask if anything is unclear before your operation.

SECTION 05

On the day of treatment

- 1 Your skin is cleansed and photographed, with your consent, and the area shaved if needed.
- 2 Protective eyewear is fitted for you and your practitioner.
- 3 A cool gel is applied to the skin.
- 4 The handpiece is placed on the skin and a flash of light delivered, moving across the area section by section.
- 5 The gel is removed and a soothing product and SPF are applied.

How it feels

Each flash feels like a warm snap of an elastic band. It is usually well tolerated and the handpiece is cooled for comfort. Numbing cream can be used if needed.

SECTION 06

Your recovery at a glance

WHEN	WHAT TO EXPECT	WHAT TO DO
Day of treatment	Redness and warmth; spots may darken straight away.	Cool compresses. Gentle skincare. SPF.
Days 1 – 3	Redness settles. Pigmented spots look darker.	Avoid heat and exercise for 48 hours.
Days 5 – 14	Darker spots flake away. Treated hairs begin to shed.	Don't scrub or pick. Keep using SPF.
3 to 6 weeks	Skin looks clearer; hair regrowth slower and finer.	Next treatment in your course.
After your course	Clearer, more even skin or long-term hair reduction.	Maintenance treatments if needed.

SECTION 07

Caring for your skin

- 1 Apply cool compresses if the skin feels warm. Never apply ice directly.
- 2 Cleanse gently with cool water and a mild, fragrance-free cleanser, and pat dry.
- 3 Moisturise with a bland, fragrance-free product.
- 4 Use a broad-spectrum SPF 50 every day and avoid direct sun for at least 4 weeks.
- 5 Let darkened spots and shedding hairs come away naturally.

Avoid heat

Hot baths, saunas, steam rooms and exercise for 48 hours.

Avoid actives

Retinol, acids, scrubs and perfumed products for 3 to 5 days.

Hair removal

Shave only between treatments — no waxing, plucking or epilating.

Make-up

Can usually be worn the next day if the skin is not broken.

SECTION 08

Getting back to normal

ACTIVITY	WHEN YOU CAN RESTART
Work & socialising	Straight away
Make-up	Usually the next day
Exercise & heavy sweating	Avoid for 48 hours
Hot baths, saunas & steam rooms	Avoid for 48 hours
Swimming (chlorine)	Avoid for 48 hours
Sunbathing, sunbeds & fake tan	Avoid for at least 4 weeks
Shaving (hair removal)	From 48 hours
Waxing, plucking & epilating	Avoid throughout your hair removal course

SECTION 09

When to get help

Problems are uncommon, but it is important to recognise them early.

URGENT — CONTACT US OR GO TO A&E

- ◆ Eye pain or any change in vision
- ◆ Swelling of the face, lips, tongue or throat, or difficulty breathing

CONTACT THE CLINIC PROMPTLY IF YOU NOTICE

- ◆ Blisters, open areas or crusting
- ◆ Increasing pain, heat or swelling after the first 2 days
- ◆ Yellow crusts, pus or signs of infection
- ◆ Patches of skin becoming noticeably darker or lighter
- ◆ Redness that has not settled after a few days

Questions or concerns

Call the clinic on **0151 380 0055**. If the line is busy, please leave a message — all voicemails and website contact forms are monitored and the team will call you back. You can also email **treatment@pinewoodscclinic.com**. Outside clinic hours, call NHS 111 for urgent advice.

SECTION 10

My treatment notes

Your clinician will complete these details with you.

Treatment (IPL rejuvenation / hair removal)

Area treated

Date of treatment

Clinician

Test patch date

Next session

Review appointment

Questions for my review

THE PINEWOODS CLINIC

Crosby Road North, Waterloo, Liverpool L22 0PJ

Telephone **0151 380 0055** • Email **treatment@pinewoodsclinic.com**

pinewoodsclinic.com • Instagram @thepinewoodsclinic • Facebook /PinewoodsClinic

This leaflet provides general information and does not replace the individual advice of your surgeon. Document: PIL-IPL • Version 1.0 • Issued September 2026 • Review due September 2028.



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