



SQUARE-WAVE PULSE TECHNOLOGY FOR PERMANENT HAIR REDUCTION

## PATIENT INFORMATION GUIDE

The ETHEREA IPL-Sq® System is one of the most advanced methods of permanent hair reduction available today. It can be used on a range of skin and hair types.

ETHEREA IPL-Sq® is not laser, but a more advanced technology: a 'broad-spectrum therapeutic light' treatment. It uses state of the art SQUARE-WAVE PULSE® technology, which, unlike earlier IPL systems, delivers completely even bursts of controlled and micro-processed energy. This minimises unwanted effects from variations in the energy pulse, and provides a more reliable outcome.

The ETHEREA IPL-Sq® uses Integrated Contact-Cooling® to maximise patient comfort, and to further increase the predictability and efficiency of the treatments.

### WHAT IS IPL PERMANENT HAIR REDUCTION?

IPL (Intense Pulsed Light) permanent hair reduction uses light energy in the form of pulses of intense light to target and destroy hair follicles, preventing the regrowth of the hair. It works by emitting intense pulses of light, which are absorbed by the pigment in the hair follicle.

The procedure is predictable and reliable. Most people experience approximately 80% reduction in hair after between 4 and 8 treatments.

ETHEREA IPL-Sq® treatment for permanent hair reduction is less painful than waxing, and whereas IPL destroys the hair follicle, waxing simply pulls out the hair by its roots, so another hair begins growing again quite quickly.

IPL permanent hair reduction can be used on any area of your face or body:

- |             |         |        |               |
|-------------|---------|--------|---------------|
| ✦ face      | ✦ chest | ✦ body | ✦ bikini area |
| ✦ underarms | ✦ legs  | ✦ arms | ✦ back        |

### HOW MANY TREATMENTS ARE NEEDED?

Normally a person will need between 4 and 8 treatments to achieve an 80% reduction in the amount of hair. The darker and more coarse the hair, the fewer treatments you will need. Unlike waxing, ongoing regular treatments are not required, although you may wish to have a session occasionally to target stray hairs.

This means that over the course of many years, ETHEREA IPL-Sq® permanent hair reduction can be less expensive than waxing.

## BEFORE TREATMENT

- ✿ Your practitioner must be aware if you are taking certain medications, as they may make your body more sensitive to light. This needs to be taken into account when determining how and when to treat you. Some medications that affect the body's sensitivity to light are muscle relaxants, anti-depressants, anti-cancer drugs, acne medications and topical creams containing Retin-A.
- ✿ You must discontinue any sun-tanning, sun-bed use, or 'fake tanning' products at least 4 weeks prior to ETHEREA IPL-Sq® treatment.
- ✿ You must cease plucking, waxing or electrolysis (any treatment that removes the hair root) at least six weeks prior to treatment.
- ✿ You may be asked to shave the area before presenting for treatment.
- ✿ Your practitioner will most likely perform a patch test prior to starting full treatment, to ensure that you will react well to the treatment.

## YOUR TREATMENT

- ✿ Your eyes must always be protected for IPL treatment, so your practitioner will cover them with eye pads and/or dark glasses.
- ✿ The surface of the handpiece is placed against your skin and you will be aware of the pulses of light flashing. You will feel a slight sting, as if a rubber band is being snapped against your skin, but this is minimal because the adjustable contact cooling that is built into the ETHEREA IPL-Sq®.
- ✿ The length of the treatment will depend on the size of the area being treated.

## AFTER-CARE

- ✿ It is a good idea to avoid hot baths and showers for 24 hours after the treatment. You should also avoid swimming in heavily chlorinated water for up to 24 hours after treatment.
- ✿ If the area feels hot and dry, keep it moist with a preparation such as aloe vera, which will cool the skin. Cold packs can also be useful. Avoid vigorous exercise for up to 24 hours, as this produces heat and could irritate the skin.
- ✿ If the treated skin is to be exposed to the sun, you must apply a sunblock.
- ✿ Within a few days of treatment, you will notice stubble appear on the treated area. The body is shedding the dead hair and bulb. This process may last for up to two or three weeks. However, once it is gone, that hair can never regrow, because its root has gone.
- ✿ You may shave in between treatments, but do not tweeze or wax the hair. The hair carries the light pulse to the hair follicle, so if it has been removed by tweezing or waxing, the light pulse cannot reach that hair follicle, and the follicle will remain alive to produce another hair.

## REQUIRED NUMBER OF TREATMENTS

Hair grows in three cycles, and is most susceptible to IPL treatment in the Anagen (active growth) phase. This is the stage when the hair is highest in pigment. This is why you will see a staged approach to hair reduction over the course of several treatments spaced 4 - 6 weeks apart.