



Entwined Health & Beauty

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Acupuncture Services & LASER / IPL / RF Treatments

PREPARING FOR YOUR TREATMENT

For pigmentation removal treatments, It is advisable to get your skin checked by your Dr or Skin Specialist to ensure that LASER pigmentation removal will not mask or change suspect skin areas from more serious issues.

- We ask that attend your session with completely clean skin, without lotions, oils, creams or fragrances of any kind before coming in. If there is excessive hair in the treatment area, we recommend shaving the area 1 day prior to treatment.
- Avoid sun exposure to the treatment area, and do not use UV tanning beds at all for 4 weeks before treatment. The use of self-tanning skin care products must be discontinued 2 weeks prior to treatment, and any residual self-tanner must be removed in order to perform the treatment.
- Numbing agents may not be used in the treatment area as it can interfere with the efficacy of treatment.
- Use a broad-spectrum sunblock with SPF50 every single day
- Do not use any topical products that cause photosensitivity (e.g. hydroxy acids, salicylic acid, retinols, and benzoyl peroxide) over the treatment areas for 3 days before treatment. Use a gentle cleanser and lotion on treated areas.
- Ensure that it has been 2 weeks since you have received any medical spa services in the treatment area, such as Botox®, dermal fillers, laser or spa services.
- Help restore and rejuvenate your body and skin by drinking lots of water before and after your treatments.

WHAT TO EXPECT

We will only proceed with session if we determine you are a good candidate for LASER treatment.

You answer a few pertinent questions about your recent health history to ensure there are no contraindications for treatment. The treatment area will be cleansed and prepared for treatment. You will be talked through the treatment process to ensure you won't experience any surprises. We are always mindful of your comfort and your peace of mind.

While receiving laser pigmentation removal, you will be required to wear special protective eyewear. You may still be able to see a flash of light, but your eyes will be completely covered.

All laser technicians will also wear protective eyewear.

During the treatment, all areas of the body that will not be lasered will be covered. Only the areas to receive laser treatment will be exposed.

The treatment can be performed quite quickly, depending on the treatment area and type of treatment.

Most patients experience little discomfort while receiving this laser treatment. Following treatment you may feel a little discomfort, but generally people experience redness, mild swelling and/or tenderness in treatment area that will resolve in a quick manner.

The post treatment area response will vary from patient to patient depending on the extent of treatment.

AFTER YOUR TREATMENT CARE

- Erythema (redness), oedema (swelling), scabbing, flaking, irritation or blistering in treatment area will most likely occur. This may persist for several days. A white-grey discolouration of the treatment area may appear immediately following treatment and last for a few minutes to a few days. Your pigmentation may darken, lighten, fade or even appear to have no change immediately post treatment. Laser pigmentation removal works by eliminating pigment in the surface of the skin through the body's lymphatic system. Your pigmentation may darken, lighten, fade or even appear to have no change immediately post treatment. On average, it takes 4-6 weeks for your body to process the pigment. Multiple treatments may be necessary to achieve the desired results.
- Discomfort may be relieved by taking an over the counter pain reliever or by using ice packs or cool compresses in 20-30 minute intervals.
- Avoid sun exposure to the treatment area throughout the course of your laser treatments. If sun exposure is necessary, keep treatment area covered with a non-adherent bandage. Avoid prolonged exposure to sunlight, and do not use UV tanning beds at all for four weeks after treatment.
- Cleanse treatment area and pat dry once per day using a gentle soap. To keep the treatment area moist, apply Post Laser Gel, Vaseline or hydrocortisone twice per day for 7-10 days post treatment, or until the treatment area is healed.
- If scabbing occurs, it is very important not to pick, shave, rub, scratch or aggressively wash the area to prevent possible scarring. If blistering occurs, do not drain blisters. Allow them to dry and heal on their own. Care should be taken to prevent trauma to the treated area for the first 7-10 days following treatment.
- Physical exercise (aerobics, sport activities) should be discontinued for 1 to 2 days. Rough physical activities (playing football) should be discontinued for 10 days post treatment.
- Return in 4-6 weeks for assessment & follow-up if required.

If you have any concerns or questions, please contact us.