

Laser Hair Removal: Pre & Post Care Instructions

Before Treatment

- No Accutane use for 1 year prior to treatment.
- Do not tan the areas being treated for 4 weeks prior to treatment.
- Do not wax, pluck or have electrolysis for 4 weeks prior to treatment
- Do not use self-tanning products for 2 weeks prior to treatment,
- Do not use Hydroquinone or Kojic Acid products 2 weeks prior to treatment.
- Do not use Photosensitive drugs for 1 week prior to treatment.
- Stop all Retin-A, Retinol, Renova, glycolic, bleaching creams, and exfoliants 3 to 4 days prior to treatment.
- Before every treatment shave the area being treated closely. If you are unable to shave the area yourself, please let us know upon booking your appointment so we can schedule your time accordingly for the technician to provide a shave service, *please note that a service charge will apply.*
- Do not wear make-up or deodorant on the area to be treated.
- If you choose to apply a topical anesthetic, it must be applied 60 minutes prior to treatment and covered with plastic wrap AND only after you have received your first treatment and tolerance levels have been established.

After Treatment

- You may have transient redness, swelling, itching and/or burning sensations for a few minutes up to 48 hours after. You may apply aloe Vera Gel, a cold compress, and/or Hydrocortisone cream to help ease side effects.
- Avoid direct sunlight and tanning beds for the course of the treatments and for 1 month following the final treatment. Wear a sunscreen with SPF 30 or higher DAILY.
- Do not apply make-up to the treated area until all the redness has subsided,
- Avoid soaking for 24 to 48 hours. No hot tubs, whirlpools, or baths. Showers are O.K. Wash gently with cool to warm water and a mild soap. Pat dry, do not rub.
- Avoid excessive sweating for 24 to 48 hours. No saunas or vigorous working out
- Avoid irritants such as Retin-A, Retinol, Renova, and glycolics, bleaching creams and exfoliants for 1 week.
- Do not wax or pluck any hairs between treatment sessions. Shaving or trimming is O.K,
- Do not manipulate the skin on the treated areas. Crusting, scabbing, or oozing may occur within 1 to 3 days. Apply Vitamin E or Aloe Vera Gel to keep the area moist. Allow this area to heal and fall off on its own so not to damage the skin beneath.
- If blistering has occurred apply Polysporin to the affected area as often as needed up to 1 week.
- Skin Types 4, 5 & 6 should continue to use Hydroquinone or Kojic Acid products if used prior to treatment
- Pigmentation changes [hypo or hyper pigmentation] may occur with darker skin types. Changes will normalize within a few weeks,
- After the treatment [up to 3 weeks) some hair may seem to be re-growing. This is usually the elimination of the hair that remained under the skin and is not true re-growth. You may wash in the shower softly with a soft washcloth as long as your skin is not sore or irritated (pat dry with a towel when you are done showering). You may experience itching and/or prickling sensations when this occurs.

Follow Up

- On average, most people will need 6 to 10 treatments,
- Treatments will be spaced anywhere from 4 to 8 weeks apart depending on the treated area.
- Avoid any tanning in between treatment, as this will increase your risk for burning during your treatment and permanent hyper-pigmentation.

Cavi-Cinch, LLC, 326 Hwy 133, Suite 160, Carbondale, CO 81623

MAILING ADDRESS: PO Box 1316, Carbondale, CO 81623

www.cavichinch.com, cavichinch@gmail.com 970-340-9578