



About Skin Spa Pre- & Post-Laser Hair Removal Care Instructions

What Should I Expect at My Appointment?

1. Before your first appointment, please complete the new client intake forms & other required documents that may be emailed to you. Otherwise, please arrive 15 minutes before your appointment to allow time for you to complete the online paperwork.
2. Please arrive 5 minutes before your scheduled time to ensure maximum treatment time.
3. Once in the treatment room, the esthetician will qualify your eligibility prior to each treatment by asking a series of questions about recent sun exposure, medication use, pregnancy status, hair growth, & other factors that could affect your eligibility & results.
4. For best results, follow your esthetician(s) recommendations including pre-treatment & post-treatment care instructions.
5. When treating intimate areas, you will be provided with a privacy drape for your comfort during the treatment.
6. During your treatment, you may experience slight discomfort, comparable to the sensation of a rubber band snapping on your skin. However, it's worth noting that some individuals may not feel any discomfort at all.
7. Following your treatment, you may experience slight redness, bumps, & swelling in the treated area for up to 72 hours.
8. We recommend using topical agents such as aloe vera, calamine, or over-the-counter hydrocortisone to be applied to the treatment area.
9. Allow a minimum of 7 to 14 days post-treatment for hair to "fall out" or shed from the skin. Gentle exfoliation (after symptoms have subsided) can help the shedding process & avoid ingrown hairs.
10. Be aware that sun exposure poses a significant risk with laser hair removal treatments. Be sure to follow your esthetician's recommendations/instructions & avoid the sun for at least 3 weeks before treatment & 2 weeks after treatment.
11. After your treatment, the treated area may be red or pink & feel like a sunburn. Common side effects also include itching, the development of hive-like bumps (histamine reaction), & tenderness. These side effects are usually self-limiting & should resolve between 24-48 hours post-treatment & continue to heal in the following days.

Pre-Treatment Care

1. To keep skin healthy as well as eliminating bacteria, we recommend using topical agents such as aloe vera, calamine, or over-the-counter hydrocortisone to be applied to the treatment area.
2. The area of treatment should be shaved at least 12 hours prior to treatment.
3. Wear loose-fitting clothes on the day.
4. Arrive early prior so that you are relaxed.





5. Do not expose the skin to UV light (sunlight or sunbeds) or apply any self-tanning products for 8 weeks prior to treatment.
6. Avoid alcohol or smoking the night before and on the day of the treatment.
7. Avoid tanning beds & sunless tanning products to prevent adverse reactions.
8. Avoid applying any products on areas of treatment, keep it dry and clean prior to treatment.
9. Avoid sun exposure greater than 30 minutes (in the span of 3 weeks), even if you wear sunscreen.
10. The treatment area must be clean-shaven 12-24 hours before your treatment. Unshaved clients will be rescheduled & will be treated as a "No Show" under the Cancellation Policy. (Razors are not provided in the spa.)
11. Skin must be clean & free of makeup, lotions, moisturizers, oils, deodorant, sunless tanning products, numbing cream, etc. Products on the skin can increase the likelihood of adverse reactions from the laser.
12. Drink at least 1 liter of water the day before and the day of treatment - this helps your body to regulate its temperature.
13. Avoid physical activities that increase body temperature for at least 2 hours before treatments.
14. Skin that is sunburned, hot to the touch, peeling, or otherwise damaged cannot be treated.

Post-Treatment Care

1. Mild redness & swelling of the hair follicles may occur (histamine reaction). This is normal & should lessen with time. Avoid picking or scratching the skin. A cool cloth may be applied. Do NOT use ice.
2. Avoid sun exposure & other sources of UV light for 14 days after your treatment. Careful sun exposure of no more than 30 minutes may be resumed 14 days post-treatment with daily use of zinc oxide sunscreen (SPF 30+). Avoid tanning beds for 14 days after your appointment.
3. Avoid the application of perfumed products or bleaching cream for 48 hours.
4. Avoid scratching the treatment area if blistering or crusting occurs, as this can cause scarring.
5. Avoid waxing, tweezing and threading for the complete duration of the treatment course.
6. Avoid makeup on the treated area for at least 48 hours.
7. Do keep treated area clean and dry for 48 hours.
8. Avoid excessive scrubbing or applying pressure to the skin for 4-5 days. This is to allow the treated skin to recover and to prevent any infection.
9. Avoid scratching the treatment area if blistering or crusting occurs, as this can cause scarring.
10. Do drink plenty of water.
11. Avoid exercising for at least 48 hours.
12. Avoid heat treatments such as spas, steam rooms and saunas for 7 days.
13. Avoid shaving the treated area for 72 hours after treatment.
14. Do wear loose clothes to avoid friction on the treated area for 48 hours.
15. Avoid anything that involves chlorine (e.g. swimming) for 48 hours.
16. Do NOT apply an icepack to the treated area to reduce pain, discomfort or irritation.
17. Apply a zinc oxide sunscreen (SPF 50+) & use it daily throughout treatments & following treatments for at least 3 weeks.
18. To reduce heat retention, avoid tight clothing, boots, heated seats, saunas, hot baths, hot showers, etc. The body needs time to cool down after treatments to avoid complications.
19. Avoid heat treatments such as spas, steam rooms and saunas for 7 days.
20. Avoid hot baths and hot showers for 48 hours.
21. Avoid exposing skin to UV light (sunlight or sunbeds) or self-tan for at least 2 weeks after treatment. This is to minimize darkening of the skin (hyperpigmentation).





22. Avoid activities that increase body temperature for at least 2 hours after treatment, or longer if redness & bumps persist.
23. If redness, swelling, or itching continues, an over-the-counter cortisone cream &/or an oral antihistamine (Benadryl) may be used in addition to cool cloths or a cool compress & topical agents. Do not apply ice or an ice pack to the treated areas.

***Although very rare, there may be possible adverse reactions immediately after the treatment, such as:*

- Excessive pain.
- Excessive persistent erythema (redness of the skin caused by increased blood flow).
- Oedema (swelling caused by fluid retention). Certain sensitive areas may cause swelling (oedema).
- Blistering (raised portion of the skin that is filled with fluid).
- Bruising or marking of the skin in the shape of the crystal.
- Grey / ash color forming or the skin appears puckered.
- Skin appearing puckered.
- There may be further adverse reactions between 4 and 12 hours after treatment.
- The skin treated will be sensitive and fragile and therefore could tear when rubbed.
- There may be a small risk of scarring. Hyper/hypopigmentation and loss of some of the skin surface (epidermal erosion) may occur; however, the risk is minimized if sunscreen (SPF 50 or greater) with Zinc is used.
- Prolonged itching may occur but keep the area cool and apply aloe vera gel or calming creams.

