

Pre and Post Treatment Instructions Laser Hair Reduction

The following instructions will help you achieve the best results from your laser hair reduction treatment. Please take a moment to review this information and go over any questions and/or concerns you may have with your consultant.

Pre Treatment Instructions:

- If you have a history of cold sores or herpes you may be instructed to begin a course of antiviral medication as heat from the laser can cause a flare
- Discontinue retinol or other harsh exfoliating products 3 days prior, and 5 days post treatment.
- Do not use self-tanning lotions, sunbathe or use tanning beds two weeks prior to your laser treatment. Any patient arriving with a tan or sunburn will be rescheduled for safety purposes.
- Please shave the area to be treated for at least 24 hours prior to treatment.
- Lotions, creams, makeup and deodorant are removed before treatment as they can obstruct or refract laser light negatively, please come with skin cleansed.
- Do not tweeze or wax the area to be treated at least 2 weeks before to your laser treatment. Do not tweeze or wax throughout the duration of your laser hair removal procedures.
- Please be advised that you may expect a certain degree of discomfort, redness, and/or irritation during and after the laser treatment. If any discomfort and/or irritation persists, please notify the clinic.

Post Treatment Instructions:

- Soothing cream or gel, like aloe, may be applied to the treatment area
- Tiny scabs of less than 1 mm diameter will usually form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched even if they itch, and should be allowed to shed off naturally.
- Blistered or ulcerated skin can be treated with a prescribed antibiotic ointment or burn treatment cream as per physician's discretion.
- During the first two days following treatment, care should be taken to prevent trauma to the treated site: avoid hot baths, massage, etc.
- The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- Moisturizer may be applied several hours after each treatment and then should be applied regularly throughout the course of the treatment.
- You should use a high-factor sunscreen (at least 30 SPF) and protect the treated area from sunlight for at least one month after the treatment. Ideally, it contains zinc oxide or titanium oxide, which are true sun blocks
- Tanning of any sort (sun exposure, tanning beds, and artificial sunless tanning lotions) is not allowed in the treated areas during the entire course of the treatment. **Tanning after treatment may cause hyperpigmentation**

Follow Up

- Majority of clients require 6-10 treatments—depending on the size of the area being treated and the amount and type of hair being removed. All hairs are not in the same growth phase; only the hairs in anagen growth phase will allow the hair follicle to be destroyed.
- Please note that the hair will not fall out immediately, but will likely do so within 10 to 14 days from last treatment, as it moves through the growth cycle.
- Please wait at least 2 days to shave treated area after treatment.
- Each client is unique and individual; therefore, the actual time your hair grows varies. Treatments are recommended every 4-6 week based on hair growth cycle. Your technician will advise you on your individual treatment schedule.
- An evaluation of the treatment area will be done, depending on your custom treatment schedule.
- We will review your medical history before each session, being mindful of sun tanning, new medications, etc. If you present no contraindications, treatment may be performed again.