

S A P P H I R E

Skin . Body . Sculpting

Laser Hair Removal

What to Expect After Treatment

- **Redness:** Mild redness in the treated area is common and typically fades within a few hours.
 - **Swelling or Sensitivity:** You may experience slight swelling or tenderness, especially around hair follicles. This is temporary and usually resolves within a couple of days.
 - **Itching or Warmth:** The treated area may feel warm or slightly itchy, which is a normal part of the skin's healing response.
-

Recommended Aftercare

- ✓ Apply a cold compress or soothing gel to calm any redness, swelling, or discomfort.
 - ✓ Use gentle, fragrance-free skincare products. Avoid active ingredients (e.g., retinoids, AHA/BHAs, exfoliants) for 3–5 days.
 - ✓ Keep the treated area clean and dry. Avoid makeup, deodorants, or perfumed products on the area for 24 hours.
 - ✓ Apply a broad-spectrum SPF 30+ daily to prevent sun damage and pigmentation.
 - ✓ Stay hydrated and support healing with a balanced, healthy lifestyle.
-

What to Avoid

- ✗ Avoid direct sun exposure and tanning (including sunbeds) for at least 4 weeks pre- and post-treatment.
 - ✗ Refrain from hot showers, steam rooms, saunas, or vigorous exercise for 24–48 hours.
 - ✗ Do not pick, scratch, or rub the treated area. Let the skin and hair shed naturally.
 - ✗ Avoid applying fake tan or self-tanning products for at least 7–10 days after treatment.
-

Risks and Side Effects

Most side effects are mild and resolve quickly. Rare or more serious effects may include:

- Temporary **redness, swelling**, or mild **discomfort**
- **Blistering, scabbing**, or changes in skin **pigmentation** (lightening or darkening)
- **Bruising, welts**, or **tenderness** in the treated area
- Skin **dryness** or **sensitivity** lasting a few days
- **Rare risk of scarring or infection if aftercare is not followed**

👉 **Please contact the clinic immediately if you experience prolonged or concerning symptoms.**

Results & Expectations

- Treated hairs will gradually shed over 1–3 weeks.
 - A course of 6–8 sessions spaced 4–6 weeks apart is typically needed for optimal hair reduction.
 - Results vary based on hair colour, skin type, and treatment area.
 - Some clients may require maintenance sessions after the initial course.
 - Laser hair removal significantly reduces hair growth but does not guarantee permanent removal for all clients.
-

For Best Results

- Follow the full treatment plan as advised by your therapist.
 - Avoid plucking, waxing, or threading between sessions—shaving only.
 - Maintain a healthy lifestyle and protect your skin from sun exposure.
-

Laser Hair Removal – Do's and Don'ts

✓ DO's

- ✓ Shave the treatment area 24 hours before your session (do not wax or pluck).
 - ✓ Wear loose, breathable clothing to your appointment.
 - ✓ Apply SPF 30+ daily on exposed treated areas, even on cloudy days.
 - ✓ Keep the area clean and dry post-treatment.
 - ✓ Use gentle, fragrance-free products on the treated area.
 - ✓ Allow hairs to shed naturally over the coming days/weeks.
 - ✓ Stay hydrated and maintain a balanced lifestyle for optimal skin health.
 - ✓ Attend treatments at regular intervals as recommended by your therapist.
-

✗ DON'Ts

- ✗ Do not wax, pluck, or thread the area for at least 4 weeks before and during your course of treatment.
- ✗ Avoid sun exposure and tanning beds for 4 weeks before and after each session.
- ✗ Do not use fake tan or self-tanning products for 7–10 days before and after treatment.
- ✗ Avoid hot showers, saunas, and steam rooms for 24–48 hours post-treatment.
- ✗ Don't apply perfumed products, deodorants, or active skincare (e.g., acids, retinoids) for 3–5 days after treatment.
- ✗ Avoid scratching or picking at the treated area.
- ✗ Do not exfoliate the treated area for at least 5 days post-treatment.
- ✗ Avoid tight clothing over the treated area immediately after your session.

If you have any questions or concerns after your treatment, please don't hesitate to reach out. We're here to ensure your comfort, safety, and best possible results