

Pre-Treatment

Laser Hair Removal

PLEASE NOTE: Clients with red, grey, white, or blonde hair in the treatment area should consult with one of our Laser Technicians prior to receiving treatments, as the laser is not effective on these hair colors. These clients would be better suited for electrolysis, which can treat all hair colors, including red, grey, white, and blonde.

1-2 WEEKS BEFORE *and* DAY OF

- **For effective laser hair removal, the hair must be in the follicle at the time of the treatment.** Patients should not wax, tweeze, thread, or use depilatory agents for 3-4 weeks prior to treatment.
- **It is imperative that clients avoid sun exposure and tanning beds** at least 4 weeks prior to treatment, sunscreen with a minimum SPF of 30 or higher should be applied as a thick layer 30 minutes before sun exposure.
- **Hair must be shaved within 24 hours before the treatment.** If hair is unshaven, our technicians can perform small touch-ups, but shaving large areas is best done in the comfort of your home.
- **Make sure skin is clean and free of deodorants, lotions, or makeup in the treatment area.** But avoid very hot showers!
- **Avoid sun exposure and self-tanners for a minimum of 1 week before treatment.** If you are going to be in the sun, sunscreen should be used to protect skin at all times during the course of the treatments.
- **No chemical peels, skincare treatments, or waxing** should be performed in the area to be treated for 2 weeks before and after treatment.
- **Some antibiotics may increase photosensitivity.** If you become ill and begin taking an antibiotic, you will need to be off the medication for 7 days before resuming laser treatments.
- **Medicated Creams** (examples include Glycolic, Tretinoin, alpha hydroxy and beta hydroxy (AHA/BHA), hydroquinone, retinol/retinoid, Tazorac, and Differin) that cause photosensitivity should be stopped at least one week prior to treatment.
- **Your diet and habits can affect your sensitivity.** Avoid stimulants like caffeine, sugar, and nicotine on the day of your appointment. If you drink caffeine daily, do not go without, but drink less than you normally would
- **Drink plenty of water the day before, day of, and day after treatment.** The more hydrated you are, the less sensitive the skin will be during the treatment and will also help aid in healing.
- **Eat a meal before treatment so you're not hungry!** Though you may not notice the effects of skipping a meal, your body does. Eating a meal will allow your body to relax and increase your pain tolerance.

SCHEDULING TIPS

- **Try to schedule your treatment when your stress levels are not at their peak.** Use deep breathing exercises to calm your nerves.
- **For women, try to schedule your treatments when you're not getting ready to start menstruating.** Every woman, whether they feel PMS symptoms or not, will be extra sensitive -- so much so that after menstruation, what was once painful could simply feel moderately uncomfortable!

PAIN MANAGEMENT

- **If you're more sensitive to pain, you may choose to take a Tylenol, Ibuprofen, or Advil 30 minutes before treatment.** A higher pain tolerance allows for a more efficient treatment.
- **We can provide a topical anesthetic** if needed for small areas if you are extra sensitive.
- **Get as comfortable as possible during your treatment.** Communicate with your technician, your comfort is one of their top priorities!

Post-Treatment

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The healing time for any given treatment varies between different people.

KEEP CLEAN

- **Keep your skin clean!** Wash the treatment area and gently pat dry. Use a mild astringent if needed that does not contain alcohol (alcohol tends to dry the skin quickly and can cause pinpoint scabs). It is important to keep your hands off of the treated area to avoid getting bacteria into the open treated pores, as this causes pustules.
- **There are no restrictions on bathing, but treat the skin gently and avoid using extremely hot water for the first 24 hours.** Avoid scrubbing the skin with loofahs or physical exfoliants and pat skin dry.
- **When having an area treated extensively, it is best to avoid sun exposure, saunas, very hot showers, or anything that causes excessive heat** in the skin for a few hours to avoid added irritation.
- **Depending on the extensiveness of the treatment, you may want to do a low intensity exercise regimen the day of your appointment** to avoid sweating in the treatment area, but should be fine to resume your regular regimen the day after.
- **Makeup can be applied** 2-3 days after treatment.

HELP HEAL

- **Immediately after treatment there may be mild redness and swelling at the treatment site, which usually resolves within a few hours.** Redness can last up to 2-3 days, and the treated area may feel like a sunburn. These are all normal and should not be considered adverse reactions. If you experience symptoms such as increased redness, swelling, or continued irritation please call the office.
- **Applying ice in 15-20 minute intervals for the first few hours after treatment can help reduce any discomfort or swelling.** Cooled towels can also be applied to alleviate discomfort due to heat.
- **Gently wash the treated area and pat dry for 3 days after treatment.** Do not scrub. Gently exfoliating one week after treatment can help reduce the risk of ingrown hairs.
- **Anywhere from 5-20 days after the treatment, the surface hair will begin shedding or “fall out” and may appear as new hair growth.** However, this is not new hair growth.

Instructions continue on the following page

AVOID

- **Avoid sun exposure immediately after treatment and for the following 1 to 2 weeks.** If sun exposure cannot be avoided, liberally apply a physical sunscreen 30 minutes before exposure, this will allow time for the sunscreen to bind to the skin.
- **It is best not to apply creams, lotions, or occlusive products, as they can trap heat in the skin and cause itching.** Though the skin may not appear red after treatment, heat remains in the skin for several days following treatment. It is recommended to use aloe vera gel or Avene Thermal Spring Water, which will reduce the heat.

To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.