



LASER HAIR REMOVAL

Pre And Post-Care Treatment Instructions for Optimal Results

NOT RECOMMENDED FOR THE FOLLOWING PATIENTS:

- Pregnant or breastfeeding women.
- Those with active disease states, a hemorrhagic disorder or are on anticoagulant treatments.
- Patients with diabetes, epilepsy or bell's palsy.
- Someone experiencing an active or local skin disease that may alter wound healing or someone who has an autoimmune disease.
- Patients with a spray tan or newly tanned skin.

PRE-TREATMENT PREP

2 weeks prior to treatment

- Refrain from sun exposure, tanning beds and self-tanning creams. Our treatment professionals cannot treat anyone with a sunburn or a fresh tan.
- Do not wax, tweeze or use hair removal creams prior to or during the duration of your treatment period. You can shave. Also do not use any aggressive exfoliating creams, devices or bleaching agents.

24 hours prior to treatment

- Shave the area to be treated. If the treatment professional has to shave large areas on-site (such as the back or legs), there is a \$30 fee.

AFTERCARE SKINCARE REGIMEN

To enhance and maintain results:

1. Face: Apply a daily antioxidant serum like SkinCeuticals C E Ferulic on a clean face every morning. Use broad-spectrum SPF of 30 or above in the morning and throughout the day.
2. Body: Apply a corrective body treatment that simultaneously hydrates and exfoliates such as Alastin TransFORM Body Treatment.

POST-TREATMENT CARE

What to expect:

- Small red areas may be present directly around individual hairs or you may feel a sunburn-like sensation for 2-72 hours.
- If burning sensations persist, apply ice for 20 minutes and repeat as necessary.
- The appearance of hair growth or stubble will continue for 7-30 days. This is not new hair. This is treated hair being expelled from the skin. Hairs will fall out over a 2 to 3 week period.

What to avoid:

- You may bathe or shower as usual but treated areas may be temperature-sensitive. Avoid aggressive scrubbing or use of exfoliants, scrub brushes and loofa sponges until skin has returned to its pre-treated condition.
- Avoid all swimming pools, hot tubs, spas and activities that cause excessive sweating until skin has completely healed.
- Avoid any unprotected sun exposure, tanning beds and/or selftanning creams during the course of your treatment.

WE RECOMMEND: a minimum of 6 treatments for best results

If you have any questions or concerns, please do not hesitate to call our office at 203.637.0662