

Laser Hair Removal/Light Based Treatment



PRE-CARE & POST-CARE INSTRUCTIONS

PRE-CARE INSTRUCTIONS:

- Area must be shaved 24 hours prior to your appointment. If it is your first time, leave a small patch of hair so that your Esthetician/Technician can examine it. (Your Esthetician/Technician shave it down before beginning the treatment).
- For bikini services, don't shave the part where you want to keep the hair. Bikini laser services will not be performed on menstruating clients.
- Stay out of direct sunlight for at least 3 days prior to your appointment.
- Do not use self-tanner or spray tan products for at least 2 weeks before your treatment.
- Avoid drinking more than 2 alcoholic beverages 24 hours prior to your treatment.
- Avoid waxing/threading/tweezing in the area for at least 4 weeks. Shaving is ok!
- Please arrive to your appointment without make-up, creams, gels, deodorant, or lotions on treatment areas.

POST-CARE INSTRUCTIONS:

- Immediately after your treatment, redness and bumps at the treatment area are common; these may last up to 2 hours or longer. It is normal for the treated area to feel like a sunburn for a few hours. You should use a cold compress if the sensitivity continues. If there is any crusting, apply an antibiotic cream. Darker pigmented skin may have more discomfort than lighter skin & may persist longer.
- Cleanse the area treated gently. The treated area may be washed gently with a mild soap. Skin should be patted dry and not rubbed during the first 48 hours.
- No makeup or lotions/moisturizers/deodorant for the first 24 hours. Keep the treated area clean and dry. If further redness or irritation persists, skip your makeup, moisturizer, and deodorant (for underarms) until the irritation has subsided.
- Dead hairs will begin to shed 5-30 days after your treatment. Stubble, representing dead hair being shed from the hair follicle, will appear within 5-30 days from the treatment date. This is normal and will dissipate quickly.
- Exfoliate to speed up hair shedding. Anywhere from 5-30 days after the treatment, shedding of the hair may occur and this may appear as new hair growth. It is not new hair growth, but the dead hair pushing its way out of the follicle. You can help the hair come out by gently exfoliating with a washcloth or shaving.
- Avoid the sun. Avoid sun exposure to reduce the chance of dark or light spots for 2 months. Use sunscreen (SPF 30 or greater) at all times throughout the treatment period, and for 1-2 months following.
- Do not pick/scratch/wax/thread/tweeze the area. Avoid picking or scratching the treated skin. Do not use any other hair removal methods or products, other than shaving, on the treated area during the course of your laser treatments, as it will prevent you from achieving the best results.
- Hair growth varies. On average, most will experience almost or complete hairlessness after 6-9 sessions.
- If you have any questions or concerns about anything whatsoever please feel free to contact us so we can assist you.