

Laser Hair Reduction

PRE & POST CARE

PRE-TREATMENT SKIN CARE

BEFORE YOUR TREATMENT

- **Shave** treatment area within 24 hours of your appointment.
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- **Avoid** sun exposure on treatment area for a minimum of 7 days before your appointment.

WHAT TO EXPECT DURING YOUR TREATMENT?

- The procedure is typically gentle and safe.
- There is no need for a topical anesthetic, however, your clinician may choose to use it.
- Your eyes will be protected with safety shields or glasses.
- You may briefly feel a warm or rubber band snap sensation as the light is absorbed.

WHAT DO TO AFTER YOUR TREATMENT?

- You may experience some redness in the treatment area that should resolve within a few hours.
- There is virtually no downtime after this non-invasive and gentle procedure. In most cases, you are able to resume most of your activities immediately.

POST-TREATMENT SKIN CARE

CLEANSING

- Cleanse the skin with plain, lukewarm water and a gently cleanser. Use your hands and fingertips to cleanse using gentle patting motions.

SUNSCREEN

- Broadband UVA and UVB protection and a SPF of at least 30. Ensure to reapply during sun exposure. **DO NOT** expose your skin to direct sun exposure for 7 days. The treated area is more prone to sunburn and pigmentation change.

TIPS & TRICKS

- Use soft wash cloth and towels to avoid any scrubbing.
- Wear a wide-brimmed hat or sun protecting clothing post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.

WATCH-OUTS

- If the treated area is especially warm within the first 12 hours after the treatment, a cold compress or ice pack can be used to provide comfort.
- If the skin appears red or swollen (sunburn sensation), an icepack can provide comfort, same as Vitamin E or Aloe Vera applied to the treatment area. In rare cases, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used.
- Avoid anything that will irritate the skin, such as exfoliants, shaving, too hot or too cold water and swimming pools and spas with multiple chemicals/chlorine.

Hair Removal Expectations



Hair reduction results take time. It usually takes 6-8 laser hair reduction sessions to notice full hair reduction from the treated areas. Schedule 6-8 treatments at least 4 weeks apart for optimal results.

