

Client Pre & Post Treatment Care Advice

BEFORE TREATMENT

- Please shave the treatment area ONE day prior to your appointment.
- For female facial hair, please trim or shave the hair to skin level one day before or remove with a depilatory cream 2-3 days before.
- Stay out of the sun for 1 month prior to treatment and use a SPF 30+ sunscreen.
- Avoid self tanners and the solarium for 1 month before your treatment.
- Do not wax, pluck, bleach, use an 'epilady' or have electrolysis for at least 4-6 weeks prior to treatment.
- Stop using depilatory creams 3 days before your treatment.
- Avoid chemical peels for 2 - 4 weeks and micro-dermabrasion for 2 weeks prior to treatment.

AFTER TREATMENT

- After treatment, the area may be tender, slightly red and swollen. This reaction usually disappears within a few hours. In some cases redness can last longer, but unlikely to last more than 2 days. Apply ice or cold towel compress for 15 minutes a few times a day. Applying Aloe Vera will improve healing.
- Do not perform activities that cause excessive perspiration until the area has healed, as it may cause your skin to become more sensitive.
- You may shower afterwards using luke-warm or tepid water, but avoid hot showers until the skin returns to its normal condition. Wash the treated area gently with mild; unscented soap and pat dry (do not rub).
- Use only unscented creams or lotions whilst the area is sensitive.
- Do not go directly under the sun for 3 - 4 weeks after treatment, as this area will be more prone to sunburn and pigmentation change. Use a SPF 30+ sunscreen and wear protective clothing.
- Do not shave for 48 - 72 hours following treatment.
- In 3 - 14 days, you will see stubble representing dead hair being shed from the hair follicle. This is not new hair growth. Allow this hair to fall out of the skin by gently rubbing with a warm, wet washcloth.
- No tanning, sauna or steaming treatments for 4 - 6 weeks after treatment.
- Do not use deodorant on the treated area until it has returned to its normal condition.
- Do not scratch the area or use exfoliants / peels / astringents until the area has fully healed.
- Do not take Roaccutane or use Retin-A, AHA's, Vitamin A serums, and glycolic acid until the area has fully healed. These products should also not be used if you wish to have further treatments.
- Do not apply make-up to the treated areas until they have healed.
- Do not wax, pluck, or bleach in between treatments. You may shave or use a depilatory cream in between treatments.
- Avoid swimming pools and spas treated with chemicals or chlorine until the skin returns to its normal condition.
- Blistering, and scabbing may sometimes occur within 1 - 3 days in sensitive areas such as the bikini line and neck. Do not pick or remove blisters or scabs, as this may result in infection or scarring.
- In the rare case of infection a course of antibiotics is recommended. A prescription can be obtained from your local doctor.
- If new medications are prescribed please notify your doctor that you are having laser hair removal done some medications make your skin photosensitive and may interfere with your treatment.
- Please notify your therapist about new medications or conditions for subsequent treatments.