

## Pre-Treatment Care

- The area to be treated must be clean-shaven prior to coming in for treatment. Unshaven clients will be rescheduled and charged a \$25 fee \*\*\*
- Avoid UV exposure and any self-tanning products for at least 2 weeks prior to treatment.
- Clients who are tanned or sunburned must wait at least 2 weeks before being treated in order to avoid additional skin damage.
- If applicable, apply numbing cream 60 minutes prior to treatment. If you need a prescription for the numbing cream, please contact the office prior to your laser hair removal treatment and provide the staff with your pharmacy number.
- Clients should come to their treatment with clean skin in the area to be treated.
- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), hydroquinone's, retinols/retinoids, aspirin, Tazorac, Differin, and Vitamin E products for at least 2 weeks before your treatment.
- Clients with any abnormal lesions, moles or spots on the area to be treated must be cleared by a medical practitioner prior to treatment.
- For hair removal clients, stop waxing, tweezing or plucking 3 weeks prior to treatment.
- If you are prone to cold sores, take an anti-viral medication (such as Valtrex) prior to your treatment.
- Clients who have used Accutane, or similar products, within the last 6 months CANNOT have laser hair removal treatments.
- Clients should not perform any physical activity that increases body temperature or blood pressure within 2 hours before or after laser treatments.
- If you are prone to histamine (allergic) reactions inform us prior to receiving any laser treatments.
- Before each treatment, please inform us if you are taking any antibiotics or medicates, as they may make your skin photosensitive and therefore we may not be able to treat you for 1-2 weeks after completion of the antibiotic.

## What to Expect From Your Treatment

- Clients with black coarse hair and fair skinned will have the best results.
- During your treatment you can expect slight discomfort, similar to a rubber-band snap on your skin.
- You should experience slight redness, bumps, and swelling in the treated area for up to 72 hours. If these conditions persist, topical creams such as aloe, calamine or hydrocortisone may be applied.
- Allow 1 week post treatment for hair to "fall out".
- On average, patients experience 20-30% less re-growth after every treatment.
- On average, patients experience 70-90% reduction in hair growth after a series of 8-12 treatments.
- For best results, maintain a consistent treatment schedule.

## Post-Treatment Care

- Immediately after treatment, there is normally redness and bumps on the treated area, which may last up to two hours or longer. It is normal for the treated area to feel like sunburn for a few hours.
- Makeup may be used after the treatment, but make sure you have moisturizer under the makeup. Moisturizer helps the dead hair exfoliate from the follicle, so use moisturizer **frequently** and freely on the treated area.
- Avoid sun exposure to reduce the chance of dark or light spots. Use sunscreen SPF 30 or higher at all times throughout the course of the treatment.
- From 2 – 30 days after the treatment, shedding of the hair may occur, which may look like new hair growth. This is not new hair growth, but dead hair pushing its way out of the follicle. You can help the hairs exfoliate by taking a hot shower and rubbing with a washcloth.

**REMEMBER: THE AVERAGE HAIR REDUCTION AFTER 6 TREATMENTS IS 70 – 80%. THIS MAY BE MORE OR LESS DEPENDING ON THE INDIVIDUAL.**

**SIGNATURE:** \_\_\_\_\_ **DATE:**

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