



LASER HAIR REDUCTION PRE & POST TREATMENT INSTRUCTIONS

PRE – TREATMENT INSTRUCTIONS

- It is important that the area being treated ***not be exposed to the sun***. A broad-spectrum (UVA/UVB) sunscreen of 30 SPF or higher should be applied whenever area to be treated is exposed to the sun. This practice should continue between treatments and following your last treatment for at least 6 weeks. Hyper-pigmentation or hypo-pigmentation can result if treated area is exposed to the sun without sunscreen.
- **DO NOT** use **topical Retinoic acid/ Tretinoin** one week prior to laser treatment.
- **DO NOT** take Accutane for six months prior to laser treatment.
- **DO NOT** pluck, tweezes, thread, wax, bleach or use depilatory agents for 2-3 weeks prior to treatment.
- The area **should be** shaved 24-48 hours prior to treatment. Stubble is needed to visualize area. If the area being treated has a heavy hair growth, you should shave just prior to coming for treatment.
- **DO NOT** wear ***make-up, deodorant, perfumes or powder*** on the areas to be treated.
- Plan to avoid tight elastic at the leg opening, following bikini treatments, for 3-5 days.
- If you have a history of oral herpes (**fever blisters**) around mouth area **inform your treating physician**.
- **We will not perform your laser treatment if you have a suntan, sunburn, or have used self-tanning cream because of the likelihood of hyper-pigmentation or hypo-pigmentation.**

POST – TREATMENT INSTRUCTIONS

- Treat the area delicately. Do not rub, scratch or pick the treated area.
- If the treated area becomes tender or shows signs of infection such as pus, tenderness, or if you develop a fever, contact the laser aesthetician who performed the treatment.
- Avoid swimming, sports, and strenuous exercise for two to three days following treatment.
- Do not shave the area if crusting or blistering occurs.
- Do not use hot water on treated areas immediately following treatments.

- NO Saunas, hot tubs, or hot showers for minimum 12 hrs. If area is still red wait until all redness subsides.
- Moisturize treated area and wear sun block with at least SPF 30

CARE OF THE TREATED AREA

- Apply a light coat of topical cream to the treated area as advised.
- Keep the treated area clean.
- Discomfort, such as swelling or redness can be relieved with Sofradex cream or by applying ice.
- It is best not to use make-up for three days on the treated area. If make-up is a must, you should apply and remove it very delicately. Excessive rubbing can cause trauma to the area and may increase the chance of scarring or hyper-pigmentation.
- Treated hair will exfoliate or push out in approximately two to three weeks (sometimes sooner), and may appear darker and thicker before falling out.
- Do not shave for a minimum of 3 days post treatment.
- Do not occlude the underarm with deodorant for three days. Use a light powder instead.
- When showering, always gently rinse with cool or tepid water and gently pat the area dry. Do not rub.
- AVOID facial/salon treatment for 5 to 7 days post laser.

Remember: To achieve the desired results; the specified number of treatments must be adhered to. Skipping treatments, even when it appears you have achieved the results, will result in a less than adequate outcome.

After treatment, if you have any questions, concerns or experience any problems, please contact our clinic at 9871217300, 0124-6614282