

LASER HAIR REMOVAL/REDUCTION

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Pre-Treatment Care

- Shave hair 12-24 hours prior to treatment except for first laser session.
- To minimize the chance of hyperpigmentation, or darkening of the treated area, please do not tan 4-6 weeks prior to treatment.
- Do not bleach, pluck, or wax hair 4-6 weeks prior to treatment.
- Do not use any kind of chemical peel, microdermabrasion or laser, 2-4 weeks before treatment.
- Avoid sauna, steam bath and abrasive scrubbing 3-5 days before treatment.
- Do NOT use makeup on the day of your treatment on the site to be treated.
- If you have had a history of perioral herpes, prophylactic antiviral therapy may be started the day before treatment and continued one week after treatment.
- Inform your practitioner of any medication you are taking.

Post-Treatment Care

- Immediately after treatment, there may be erythema (redness) and follicular oedema (swelling) at the treatment site. These expected side effects may last up to 2 hours, or up to 2–3 days in some cases. The treated area will feel like a sunburn for a few hours after treatment. The application of ice during the first few hours after treatment will reduce the discomfort and swelling that may be experienced.
- Darker pigmented people may have more discomfort than lighter skin people and may require Aloe Vera gel or ice after treatment. Hydrocortisone cream is also used when appropriate for comfort and resolution of symptoms.
- You may shower 3 hours after treatment. The treated area may be washed gently with mild soap and tepid water. Skin should be patted dry NOT rubbed.
- After the axillae are treated, use a powder, instead of deodorant, for 24 hours after the treatment to reduce skin irritation.
- There are no restrictions on bathing except to treat the skin gently, as if you have a sunburn, for the first 24 hours.
- Avoid sun exposure to reduce the risk of hyperpigmentation or darker pigmentation. Use sunscreen (SPF 30 or greater) at all times throughout the course of treatment. If you are going on a sunning trip, you should wait at least 4 weeks between your trip and your next treatment.
- Mineral makeup may be used immediately after the treatment.
- Do not expose the treated area to intense heat like sauna and steam bath during the first 48 hours.
- Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or similar treatments (waxing, electrolysis or tweezing) that will disturb the hair follicle on the treatment area for 4–6 weeks after the laser treatment is performed. Shaving or clipping is fine.
- Do not use any other hair removal method or products during the course of your laser treatments; this will prevent the optimum result.
- Anywhere from 5-14 days, shedding of the hair may occur and this may appear as new hair growth. These are dead hair pushing its way out of the follicle You can clean and remove the hair by washing or wiping the area with a wet cloth.
- **Contact us with any questions or concerns** you may have after the treatment. Hair regrowth occurs at different rates on different areas of the body. New hair growth will not occur for AT LEAST three weeks after treatment. Re-treatment in 4-8 weeks and as recommended by your laser specialist.

Nurse Support Line to be used during out of office hours in case of Emergency: 0528 928 353