



LASER HAIR REMOVAL PRE-TREATMENT INSTRUCTIONS

- Avoid sun exposure for at least 4 weeks prior to treatment, including sunless tanning products.
- Please shave within 24 hours of your treatment to optimize results and minimize discomfort.
- You should avoid bleaching, tweezing, waxing, threading or the use of depilatory creams for four weeks prior to initiating therapy and during the entire duration of therapy. Shaving is the recommended hair removal method in between treatments.
- It may take up to two weeks for dead hair to push its way out of the follicle.
- Light hair may require more treatments than dark hair.
- The optimal time between treatments is four to six weeks for most body parts.
- Most clients achieve optimal results after 4-6 treatments, however individual results vary. Touch-up treatments may be required on an annual or bi-annual basis.

LASER HAIR REMOVAL POST-TREATMENT INSTRUCTIONS

- Appearance of hair growth or stubble will continue for 7-30 days post treatment. This is not new hair growth but the treated hairs being expelled from the skin.
- Avoid sun exposure for at least 4 weeks (pre & post), including sunless tanning products.
- Use sun block SPF 30 or greater on the treated area, any time you will be exposed to the sunlight for the duration of the treatment.
- Avoid hot tubs and saunas for 48 hours after treatment.
- Shaving should be avoided for at least 48 hours after treatment or until any signs of irritation are gone.
- Small red marks or bumps may be present directly around treated hairs. This is normal.
- Use ice pack or cold compress if there is any warmth or tingling present on day of procedure.
- Treated hairs may fall out over a 7-21 day period. As the hair follicle dissipates during this time, it is recommended for you to use a suitable exfoliating scrub to remove dead hairs (but not within 7 days of treatment). The hair may also appear stunned and will not grow in length as before. Some "peppering" may be evident for up to 21 days after treatment as the body sheds the dead hair.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.