



Laser Hair Reduction Pre / Post Care Instructions

Laser Hair Reduction Pre- Care Instructions:

- Do not wax, tweeze, color, use depilatory creams or have electrolysis on the treatment area for at least 4 weeks before and throughout the entire course of your treatments. Shaving and clipping is permitted as often as desired.
- Shave the treatment area the morning of your scheduled treatment, unless instructed otherwise.
- Do not use any of the following products on the treated area 3 days before treatment: exfoliating cleansers or scrubs, bleaching creams or retinoids (Retin-A).
- Avoid direct prolonged sun exposure (including tanning beds) 2 weeks before treatment on the treated area.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar no later than the day of treatment.
- Notify your Esthetician if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness before your treatment.
- Avoid medications that may cause photo sensitivity 3 days before treatment.

Laser Hair Reduction Post- Care Instructions:

- Do not wax, tweeze, color, use depilatory creams or have electrolysis on the treatment area for at least 4 weeks before and throughout the entire course of your treatments. Shaving and clipping is permitted as often as desired.
- Shave the treatment area the morning of your scheduled treatment, unless instructed otherwise.
- Do not use any of the following products on the treated area 3 days after treatment: exfoliating cleansers or scrubs, bleaching creams or retinoids (Retin-A).
- Avoid direct prolonged sun exposure (including tanning beds) 2 weeks after treatment on the treated area.
- Apply your physical defense sunblock of at least 30 SPF or higher every 2 hours to prevent post-procedure side effects if exposed to the sun.
- After treatment the area may feel like a mild sunburn, a cool compress can be applied.
- If recommended by your Esthetician apply a cooling agent 2-4 times a day up to 3 days after each treatment. Professional products can be used to soothe the skin and to speed up the recovery process.
- Please adhere to the appropriate treatment intervals recommended by your Esthetician, as the hair growth cycle determines the efficiency and number of treatments required.
- Cleanse the area with tepid warm water. Avoid extremities of heat such as hot showers, hot tubs, and saunas for 72 hours after treatment.
- The hairs that are eliminated from the treated area will gradually work themselves out; this can take 3-4 weeks. Do not pick or scratch the treated areas.
- If you are experiencing in-grown hairs, a gentle exfoliator may be used in between treatments.
- Although extremely rare a blister may occur. Please contact the office and we will further instruct you on your next steps.

If you have any additional questions or concerns,

Please contact our office at 765-497-1655



What to expect after treatment:

- An average person needs approximately 8 – 12 treatments. The desired cosmetic effect is influenced by hair color, hair density, hair growth cycle, skin color and the frequency of each treatment.
- Optimal results are equivalent to (but not guaranteed) 70 - 80% of the hairs being impaired and not functioning as before. Approximately 8 – 12 treatments will provide you with the best results.
- Appointments are to be scheduled 6-10 weeks apart unless your Esthetician has decided it to be otherwise.
- Three things occur after your treatments have completed and sufficient damage has been done to the hair follicle beds:
 - a. Over time your hair may start growing slower due to the damage and impairing of the hair follicle matrix.
 - b. Your hair should eventually grow lighter in color due to the damage of the pigmented portion of your hair follicle bed.
 - c. Your hair may also start growing finer and softer in texture due to the damage of the hair follicle matrix.
- There is no guarantee that laser hair removal will be completely effective on every individual.

If you have any additional questions or concerns,

Please contact our office at 765-497-1655