

## **SUGGESTED LASER HAIR REMOVAL PRE/POST-TREATMENT INSTRUCTIONS**

1. Avoid the sun 2-4 weeks before and after treatment until your Practitioner allows it. Epidermal melanocytes compete with melanin in the hair.
2. Your Practitioner may ask you to stop any topical medications or skin care products 3-5 days prior to treatment. Roaccutane should be stopped 6-months prior to treatment. Retinol, retinoids and all vitamin A based treatments should be stopped at-least 1-week prior to treatment.
3. You **MUST** avoid bleaching, plucking or waxing hair for 4-6 weeks prior to treatment. The melanin-containing hair must be present in the follicle as it is the "target" for the laser light.
4. If you have had a history of perioral or genital herpes simplex virus, your Practitioner may recommend prophylactic antiviral therapy. Follow the directions of your antiviral medication.
5. **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentation (white spots) after treatment, and this may not clear for 2-3 months or more.
6. The use of self-tanning skin products must be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.

### INTRA-TREATMENT CARE

1. **Please ensure the treatment area is cleaned and shaved prior to treatment.** The use of a topical anaesthetic is optional.
2. When treating the upper lip, the teeth may be protected with surgical gauze. The gauze also serves to support the lip during treatment, creating a surface to push against.
3. A built-in sapphire cooling element will be used to cool the skin during treatment.
4. Safety considerations are important during the laser procedure. Protective eye wear will be worn by the patient and all personnel in the treatment room during the procedure to reduce the chance of damage to the eye. In addition, your Practitioner will take all necessary precautions to ensure your safety.

### POST-TREATMENT CARE

1. Immediately after treatment, there should be erythema (redness) and oedema (swelling) of each hair follicle in the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like sunburn for a few hours after treatment.

2. Your Practitioner may use an optional cooling method after treatment to ensure your comfort.
3. A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired.
4. Makeup may be used 24-hours following treatment (if the skin is not irritated).
5. Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
6. Use a sunblock (SPF 30+) throughout the course of treatment.
7. Avoid picking or scratching the treated skin.
8. Do not use any other hair removal treatment products or similar treatments (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area after the laser treatment is performed. Shaving may be used.
9. Anywhere from 5-14 days after the treatment, shedding of the treated hair may occur and this appears as new hair growth. This is not new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or fine Loofa sponge.
10. After the axillae (underarms) are treated, you may wish to use a powder instead of a deodorant for 24 hours after the treatment to reduce skin irritation.
11. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours (reduce the temperature of your bath or shower as necessary).
12. Return to the clinic in 6 to 8 weeks for a follow-up. 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.