

## Laser hair removal patient instructions

### PRETREATMENT INSTRUCTIONS

- RECENTLY TANNED SKIN, natural sunlight and/or in a tanning booth, CANNOT BE TREATED! A minimum of 4-6 week without sun exposure is required. Your technician reserves the right to **refuse** to perform the treatment if in doubt. The risks of burning, hyper-pigmentation and/or hypo-pigmentation are too high.
- Avoid all **self-tanning** lotions **two weeks prior the treatment**.
- Between your laser hair removal sessions, you must avoid any form of exposure to UVA and UVB rays (natural sunlight and/or tanning booth). ***\*If you are exposed, you must always wear sun protection of at least 50 SPF and you will have to wait a minimum of 4 to 6 weeks after exposure before resuming laser hair removal treatments.***
- No tweezing, waxing and/or depilatory or bleaching creams are allowed between laser hair removal sessions. **Only shaving is permitted.**
- If you have a history of peri-oral and/or genital herpes simplex, your doctor may recommend prophylactic antiviral treatment. Please follow your doctor's instructions.
- Your technician may ask you to discontinue any topical medications or other skin care products 3 to 5 days prior to treatment if necessary.
- It is **your responsibility to arrive fully shaved (24 hours prior) the day of your appointment.** If you arrive at your appointment unshaven, the technician reserves the right to cancel and reschedule your appointment.

### WHAT TO EXPECT DURING THE PROCEDURE

- Safety considerations are important to us during the laser procedure. Protective glasses will be given to you and your technician.
- During the procedure, you may feel a sensation of heat and pinching. A DCD cryogenic cooling device built into the laser provides greater comfort while cooling the treated area.
- Throughout the procedure, edema (slight swelling around the hair follicle) and erythema (redness) will start to develop. This reaction is completely normal.

### POST TREATMENT CARE

- Immediately after the treatment, the treated area will show edema (slight swelling around the hair follicle) and erythema (redness). This usually subsides within an hour of the procedure. In some cases, the redness can remain for up to 48 hours after treatment.
- The treated area will be warm and feel like a sunburn. The application of a soothing gel (e.g. hydrogel - Proderm) is recommended. We suggest continuing the application for 7 days after the procedure.
- Makeup can be used 24 hours after treatment, provided the skin is not irritated.
- **Avoid sun exposure and/or tanning booths** to reduce the risk of hyperpigmentation (darker pigmentation) for at least **14 days post procedure.**
- Avoid scratching the treated area. If you experience itching, it is recommended to use a soothing gel (e. g. hydrogel Proderm). You can also do cold compresses.

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- In case of allergic reaction, take an oral analgesic (e.g. benadryl) and contact your technician.
- Following the procedure, the treated hair may fall out and/or appear as new hair. This is NOT a new hair growth. This reaction is completely normal. You must wait a minimum of 5-7 days post-treatment before shaving and/or exfoliating the treated area.
- It is recommended to wait a minimum of 24 hours before applying deodorant if you have treated underarms, to avoid irritation.
- You must avoid hot showers, aromatic baths, swimming pools, spas and saunas for 48 hours after treatment.
- Avoid activities and/or exercises that may cause excessive sweating for 48 hours after treatment
- For any other concerns and/or if in doubt, do not hesitate to contact your technician.

## POST-TREATMENT SKIN CARE ROUTINE

Step	Procedure	Example of products
1	morning/evening - Clean with mild cleanser	<i>will be recommended to you in person after a personalized skin assessment by your laser technician</i>
2	morning/evening - Apply moisturising / repairing cream	
3	morning - Apply Sunscreen	
4	7 days post-treatment: Exfoliate once a week if needed	