

About Laser Hair Removal:

- Laser hair removal results in **permanent reduction** of unwanted hair.
- It requires multiple sessions at **regularly spaced intervals**.
- Each treatment will result in about a 20-30% reduction in hair density.
- Any part of the face or body can be treated
- Works best on dark (medium brown to black) and coarse hair.
- Light or grey hairs will **regrow**.
- **Do not wax or tweeze** the hairs for **3-4 weeks before**
- Shave or trim the hair 1-2 days prior to your treatments. Alternatively, you can use a **depilatory cream** such as **Nair** or **Sally Hansen** to remove the hair.
- An average of **4-6 treatments AT 4-6 week intervals** are necessary for maximum results.
- The number of treatments will vary with each individual. It is important to keep your treatments spaced at regular intervals. Too long a delay between treatments may result in a loss of results.

PRE Laser Hair Removal Instructions

Please read the following information **well in advance** of your laser hair removal appointment. It will save you the frustration of having to reschedule your appointment.

Precautions BEFORE and AFTER laser hair removal:

- **AVOID** tanning or **sun exposure, tanning beds, & self-tanners** for **6-8 weeks** prior to **and** after treatment.

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- Tanned skin can blister or burn. Therefore, if you are tan, your appointment **WILL be cancelled**, and there will be a **cancellation fee** charged.
 - Use a daily SPF 30 or greater sunblock, containing titanium dioxide or zinc oxide

Expectations Following Laser Hair Removal:

- Temporary redness and mild swelling around the hair follicles
- The treated hairs will fall out or exfoliate in approximately 2 weeks.
- Blistering or scabbing rarely occurs. If this does occur, please apply petroleum jelly (Vaseline) or Aquaphor ointment to the area twice a day until it heals and **NOTIFY** us immediately.
- Occasionally, an acne-like eruption (folliculitis) can occur when treating the facial area. If this happens, let us know and we will call in prescriptions to help curtail the folliculitis flare.

Care of the treated area:

- Do not rub, scratch, or pick at the treated areas. Treat this area **gently** for a few days.
- If make-up is used, it must be applied and removed delicately.
- You may apply ice packs for 10-15 minutes per hour, while awake, during the first day if needed.