



laser hair removal

- Laser hair removal is FDA approved for the permanent reduction of unwanted hair growth.
- Hair reduction is achieved over the course of approximately 12-18 services. The number of services varies by person and area being treated. After a completed series, you can expect to need a "maintenance" service every 6-12 months.
- During each service, the laser will treat only the hairs that are in the active growth cycle - this does not mean all visible hair. This is why it takes a series of services to reach each different growth cycle. Services should be performed every 4-6 weeks and it is VERY IMPORTANT that you are consistent in coming in for consecutive services in order to get the best results.

PRE-SERVICE INSTRUCTIONS

- No oral antibiotics at least 10 days prior to service.
- If you are having facial hair treated and are using Retin A or Renova, please discontinue use 72 hours prior to service.
- If you have a history of cold sores or had a recent breakout, please notify the RN or esthetician.
- Avoid direct sun exposure. A sun screen of SPF 30 or better should be used at least 3 weeks prior to the service. Do not use tanning booths or self tanning creams for 4 weeks prior to service.
- Shave the area to be treated the night before or morning of the procedure.
- No depilatory creams, plucking, or waxing 2 weeks prior to the service.
- Do not wear make-up, deodorant or use moisturizer on the area to be treated the morning of the procedure.
- If possible, wear clothing that will allow access to the areas to be treated.
- You may experience a slight vibration or heat on your teeth or dental work if being treated around the mouth area; this is normal.
- Please notify us if you have a tongue piercing or braces.
- We are not able to treat over tattoos, so please inform us of any tattoos.

POST-SERVICE INSTRUCTIONS

- After service the area may be red and there may be temporary localized swelling. The redness can last for up to a few hours. You may have the appearance of raised bumps where the hair follicles are, this is normal. Perifollicular edema is when the hair follicle swells. The treated hair (any hair in the active growth cycle at the time of service) will take approximately 2 to 3 weeks to fall out as the hair naturally works its way out of the skin.
- In between services, shaving is acceptable. Do not tweeze, pluck, or wax the hair.
- If redness or swelling occurs, ice packs or a bag of frozen peas over the affected area can be applied. Avoid heat and hot water on the treated areas for 24 hours.
- Use mild soaps that do not contain ingredients that may irritate the area.
- After showering, gently pat the area dry. Do not rub the area as it may be sensitive.
- If irritation occurs, do not pick or scratch it. Apply an antibiotic ointment to the area and notify the office of the reaction.
- Apply at least an SPF of 30 and avoid direct sun exposure to the area treated.