

Pre-Treatment Information/Instructions

- It is important that the area being treated *not be exposed to the sun* at least 6 weeks before the treatment. A broad-spectrum (UVA/UVB) sunscreen of 50 SPF or higher should be applied whenever area to be treated is exposed to the sun. This practice should continue between treatments and following your last treatment for at least 6 weeks. This can prevent post treatment complications such as hyper-pigmentation, or hypo-pigmentation.
- DO NOT use self-tanning products for at least 4 weeks prior to laser treatment.
- DO NOT use Retin-A or Renova one week prior to laser treatment.
- DO NOT take Accutane for at least 2 months prior to laser treatment.
- DO NOT take Aspirin for several days before treatment in order to avoid purpura / bruising.
- DO NOT carry out other hair removal treatments (waxing, tweezers, electric epilators) or bleaching hair for at least 1 month before the first treatment. Regular shaving is fine.
- The area should be shaved 24-48 hours prior to treatment. If hair is fine and no shadow can be seen after shaving, it is a good idea to take a photo of unshaven area to show technician.
- DO NOT wear *make-up, deodorant, perfumes or powder* on the areas to be treated.
- Plan to avoid tight elastic at the leg opening following bikini treatments.
- If you have a history of oral herpes (fever blisters / sores) and are having your mouth area treated, you will need to have your physician prescribe suppressive therapy and take as directed.

Post- Treatment Information/Instructions

Typical immediate post treatment reactions can be: Perifollicular erythema (Slight red bumps which disappear after 1-2 days); Slight edema (minor swelling which disappears after 24 hours); Slight erythema (redness which disappears after 1-3 days).

Post Treatment Precautions

- Treat the area delicately. DO NOT rub, scratch or pick the treated area.
- If the treated area becomes tender or shows signs of infection such as pus, tenderness, or if you develop a fever, contact the technician who performed the treatment at 321.241.1160.
- Avoid using hot water on the treated area for 24 hours following treatment.
- Avoid swimming, sports, and strenuous exercise for 48-36 hours following treatment.
- Do not shave the area if crusting or blistering occurs.
- Do not use hot water on treated areas immediately following treatments.

Care of the Treated Area

- After the laser treatment it is recommended to moisturise and hydrate the skin by applying a lenitive product.
- Keep the treated area clean.

- Discomfort, such as swelling or redness can be relieved applying a non-cortisone anti-inflammatory cream, preferably with a zinc oxide base, without massaging, or by applying ice. Reapply several times a day for the next few days.
- It is best not to use make-up for three days on the treated area. If make-up is a must, you should apply and remove it very delicately. Excessive rubbing can cause trauma to the area and may increase the chance of scarring or hyper-pigmentation.
- Treated hair will exfoliate or push out in approximately 2 to 3 weeks (sometimes sooner), and may appear darker and thicker before falling out.
- DO NOT shave for a minimum of 3 days post treatment.
- DO NOT occlude the underarm with deodorant for three days. Use a light powder instead.
- When showering, always gently rinse with cool or tepid water and gently pat the area dry. *DO NOT rub.*
- Apply a high-protection sunscreen to the area for 4-6 weeks after treatment. Avoid exposure to direct sunlight or sunlamp.

Remember: To achieve the desired results the specified number of treatments must be adhered to. Skipping treatments, even when it appears you have achieved the results, will result in a less than adequate outcome and long term results will be sacrificed.

To reduce your risk of complications, it is important to follow both PRE and POST treatment instructions. If you have any questions or concerns, please contact your laser technician.