



LASER HAIR REMOVAL INSTRUCTIONS PLEASE READ CAREFULLY!

Before Your Treatment:

Your results with laser hair removal are highly dependent on your cooperation. There are many things you can inadvertently do to decrease either the safety or effectiveness of the treatment. Your collaboration is essential for the success of laser hair removal. Please follow these directions carefully regarding tanning, shaving, and topical agents, or we may have to cancel your appointment and reschedule — FOR YOUR SAFETY.

Scarring:

Tanning is one of the biggest risks to burn scars. We believe it is the single most important act that patients do to decrease the effectiveness of their treatment. Tanning should be avoided for 4-6 weeks prior to treatment. Self-tanning creams and sprays need to also completely fade. During the course of treatment, if you are exposed to sun, sunscreen with an SPF of at least 30 applied as a thick layer 20 minutes before sun exposure is recommended.

For Best Results:

The hair needs to be in the follicle at the time of treatment. Lasers target the pigment (melanin) in the hair beneath the surface of the skin. Because of this, you should not wax, tweeze, bleach, thread, or use depilatory agents for 4-6 weeks prior to treatment. It is usually advisable to see some minimal hair growth on the day of treatment. Lotions, creams, makeup, and deodorant are removed before the treatment as well. These can negatively obstruct or refract laser light.

Prepping for Your Appointment:

Please shave the areas to be treated either the night before or the morning of your appointment, do not be afraid to shave! Medical research has consistently shown as absolutely false the notion that shaving any part of the body causes more hair growth. It may seem that way since

the base of individual hair shafts is thicker, and thins out as it lengthens, such that the stubby early growth after hairs are shaved feels too many people as if they are thicker and/or denser!

After Your Treatment:

Although pre-treatment instructions are probably more important for a patient to follow in order to ensure safe and effective results, we know that post-treatment care is also helpful:

1. Mild redness and swelling at the treatment site is normal, and may last 2 hours or longer. The redness may last up to 3 days. The treated area will feel like a sunburn. Apply ice cleanly in 15-20 minute intervals for the first few hours after treatment to reduce any discomfort or swelling. If redness or swelling persists, ice can be continued in 15-minute intervals 3-4 times a day for 3 days.
2. Makeup may be used immediately after the treatment unless there is blistering.
3. Avoid sun exposure until skin has returned to its normal state (no redness or swelling), and thereafter, sunscreen with an SPF of at least 30 applied as a thick layer 20 minutes before going outdoors is highly recommended prior to your next laser visit.
4. Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or services (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area.
5. Wash the treated area and pat dry for 3 days after treatment. Do not scrub.
6. Start gently scrubbing treated area on the 4th day to exfoliate.
7. Anywhere from 5-20 days after the treatment, shedding of the surface hair may occur and this appears looks like new hair growth, but this is not new hair growth.
8. For 2 to 3 weeks after treatment, ideally avoid shaving the shedding hair, although if absolutely necessary, gently touch hair with razor. Shaving can be performed on newly growing hair safely but can irritate the underlying lasered skin.
9. After the underarms are treated, ideally use a powder instead of deodorant for 24 hours after the treatment to reduce skin irritation.
10. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours. Moisturizers are not generally needed.

At the next treatment visit, it is important for you to let us know how long the redness lasted after treatment and when significant hair growth was noticed in the area. This information will allow us to individualize treatments and achieve optimal results for you!

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