

Pre-treatment Advice to Client for Laser Hair Removal Procedures

Avoid tanning or the sun for 3-4 weeks before treatment (this varies with each client).

Use a sunscreen on the area to be treated when out in the sun--even driving in a car, if only for a few minutes.

Do not wax tweeze or have electrolysis for 3 - 6 weeks before treatment.

You may **shave or trim your hairs 3 - 14 days** before treatment; however, some stubble should be visible on the day of treatment, so the laser practitioner can tell where you are growing hair.

Post-treatment Advice to Client

Shortly after treatments areas will be tender, slightly red and swollen. This reaction usually disappears within a few minutes or a couple of hours. Blisters (are very rare) but may occur in sensitive areas--**especially if a client gets or has had sun.** In rare cases bruising and scabbing may occur within 1 - 4 days. Do not pick or remove scabs, if any occur, with any laser procedure.

Apply **antibiotic ointment** once or twice for a few days. **Use ALOE** a few times a day for two days. The area will heal in a few hours or 14 days. If you experience itching, use cortisone (over the counter cream) cream. If swelling has not gone down by the time you return home, apply ice and aloe.

Makeup should be avoided the day of the laser procedure before and afterwards. If area seems not to be healed the next day or so after treatments use only mineral makeup's.

If you go into sun use a sunscreen of SPF 30 or Higher. Do not get in a tanning bed for at least 2 months after treatment, or unless you use at least 45 SPF sunscreen and cover the treated area.

You may shower the next day and use deodorant (if underarms are treated). The treated area may be washed gently with a mild soap (like Dove). The skin should be patted dry and not RUBBED.

Note: Stubble, representing dead hair being shed from the hair follicle, will appear within 5 - 20 days from the treatment date. Check with your laser practitioner in 7 - 8 weeks to see if it is time for another treatment. It is suggested to go ahead and schedule the next appointment. The number of treatments to acquire **permanent hair reduction, depends upon your skin, hair coloring, coarseness of hair and what stage of hair growth the follicle is in and what type results the client desires.** *Everyone will require at least 3 treatments and most will require 7 or more over an 18 month period. These treatments should not be done less than 6 weeks apart. Laser like electrolysis is only effective on hairs during the growing cycle. The best results for permanent hair removal are when the second and third treatments are done 8 weeks apart.*

Signature: _____

Date: _____