

LASER HAIR REMOVAL

PRE & POST CARE/CONTRAINDICATIONS



PRE CARE

- Avoid the sun 3-4 weeks before and after treatment, or until your treatment provider allows it. Any tanning can cause burning, hyperpigmentation, or hypopigmentation, which may be permanent
- Check with your technician if you are on any photosensitive medications (medications making you more sensitive to light), you may have to wait to be treated, or have a test spot (no charge)
- Avoid bleaching, tweezing, threading, and waxing for 3-6 weeks before your appointment. If there is no pigment in the hair follicle for the laser to target, the treatment will not be effective
- If you have a history of perioral or genital herpes simplex virus, it is recommended that you take a prophylactic antiviral therapy. You will not be treated if in a flare up. Follow directions for your particular antiviral medication
- Self tanner, tanning beds, and anything else that can change the colour of your skin cannot be used 2 weeks prior to treatment.
- Avoid natural fillers 4 weeks before treatment
- Avoid treatments of chemical peels, exfoliation facials, microneedling, etc. for three weeks before treatment if having laser hair removal on face
- Avoid neuromodulators (botox and like injectables) 2 weeks prior to laser hair removal
- Avoid sun exposure greater than 30 mins, even if wearing SPF one week prior to treatment. This will decrease likelihood of hyperpigmentation and/or hypopigmentation post treatment
- Avoid retinols, alpha & beta hydroxy acids (AHAs & BHAs), hydroquinone (skin lightening agent), salicylic acid cleansers 1 week before treatment (local to treatment areas only)

THE DAY OF

- Shave the area (discuss facial shaving with your practitioner!) 12-24 hours prior to treatment
- Arrive to your appointment with the treatment area free of makeup, lotions, oils, deodorant, tanning products, numbing creams, etc. (If using numbing cream, please remove in the washroom prior to treatment)
- Avoid any activities that will increase the body temperature for at least 2 hours before and after treatments
- Take antiviral medications (if applicable)
- Clients with active cold sores, burned skin, or damaged skin will not be treated.

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POST CARE

Laser hair removal will cause the skin around the follicle to have redness and inflammation immediately after the treatment in varying degrees. You will also feel some itching sensations as the skin causes a release of histamine as a normal reaction. This typically lasts a few hours and if needed, it's recommended that you apply cold packs intermittently to help ease any discomfort. You may also be given a topical cooling gel to apply immediately after. This helps reduce discomfort, swelling and risk of abnormal pigmentation.

- Cold packs for 10-20 minutes once home from the procedure and intermittently for the next several hours are optional if you experience an extreme reaction (your technician will let you know if this applies to you)
- Gentle soap cleansers can be used to wash treated areas for the next 48 hours
- Do not shave for 48 hours in the region
- Do not partake in any activities where you will sweat for the remainder of the day, do not have a bath (shower OK) or hot tub, this can allow bacteria to enter the follicles, increasing the risk of infection
- Some hairs will continue to fall out over the next several days up to 2 weeks, you can gently exfoliate them in the shower by using a clean washcloth and gently massaging over the treated area
- It is normal that the hair appears to be growing, this hair is dead and is purging the body
- White bumps around the hair follicles as part of the skin's natural immune response may appear, these will subside with a gentle cleanser
- To reduce a persistent itch, over the counter histamines, such as Claritin or Allegra may be used
- Remember your SPF! 2 weeks of 30SPF on the treated area if exposed to sunlight

NEXT TREATMENT

- Schedule next treatment in 4-6 weeks for most areas to keep time with the natural hair cycles, try to maintain the timing as close as possible to what your laser technician recommends, this will give you the best results
- 6-8 treatments (8-10 on the face) are average, but in some cases, more treatments may be required and touch-ups maybe needed over following years
- Avoid tanning and sun exposure both before and after treatment as this can negatively impact your skin's pigmentation (hyper/hypopigmentation)

CONCERNS?

While there are many expected reactions post laser hair removal, you should not be in any kind of pain after you leave your laser hair removal treatment. If you have any questions, or experience something that you are unsure of, please take pictures (if applicable) and contact us immediately. On the off chance that you are responding in a different way than we have described, we want to be able to assist you in healing as efficiently and effectively as possible. Please contact us if you experience the following:

- Blistering or scabbing
- Persistent pain in the area of treatment
- White bumps or acne like lesions that do not go away
- Irregular discolouration after healing
- Anything else you are uncomfortable with or uncertain about