

LASER HAIR REMOVAL AFTERCARE

You will need to come back for every session every 4-6 weeks.

You will see shedding of the hair within 3-4 weeks. After a few sessions you may see some patches of hair loss. Due to the nature of how our hair grows many sessions are required to damage the hair follicle. Damaging it causes the hair to not grow back. You should see 20% hair reduction after every session.

You may feel some Erythema and experience some Edema, this is completely normal. Use calendula oil or aloe vera to help soothe or use a *cool* compress. Generally Edema and Erythema will go away within 48hrs. Treat the area as a sunburn.

Do not use Saunas, hot tubs, and pools after treatments.

If you have gotten your underarms done do not wear deodorant 72hrs after treatment.

Do not get any facials or skin peels within 3 weeks of treatments (on the treated area).

Wear loose clothing for the next 72hrs to avoid irritation.

No UV before and after treatments. If you are outside please wear a minimum of spf 30 for small periods of time. Being exposed to the sun before and after sessions may change your skin and therefore change the outcome and cost more sessions. This includes self tanning lotions and tanning beds. If you have been using self tanner or tanning beds please speak to the technician as it is very important for the technician to use the correct settings therefore not damaging your skin. Allow 4-6 weeks of no sun exposure before appointments. 1-2 weeks of self tanning before treatments (exfoliation everyday to get rid of pigment)

Only shave in between treatments! If you do not we cannot guarantee your outcome and you may have to purchase more sessions. It is suggested to exfoliate before shaving. Do not exfoliate with a loofa! They hold too much bacteria and may cause more harm than good to your damaged hair follicles. Use a natural scrub using honey and sugar or I suggest a dollar store exfoliation glove and to wash them after each use.

Do not use anti-aging products or exfoliation products on or near treated areas between treatments and after touch up for seven days. These include: Retinol, Retinal, Vitamin C, Niacinamide, AHA, BHA, Ceramides, Salicylic Acid, Glycolic Acid, Vitamin E, Vitamin A. If you are unsure, please feel free to contact technician. Please wait 7 days before applying any topical active ingredients before/after treatments.

Any medications you are taking or will be you must tell your technician. We have a cheat sheet on what isn't safe to use when doing laser. Not telling your technician may result in permanent damage. Do not take iron supplements 1 week prior to your appointment.

If you plan to be pregnant you may lose any results we've achieved. If you find out you are pregnant tell your technician. Laser is not safe for the fetus and it may change your skin and hair type.

Products and medications such as aspirin, anti-inflammations, and blood thinners increase the risk of bleeding. Non-prescription herbs and dietary supplements can increase the risk of bleeding. It is recommended that you avoid taking any blood thinners seven to fourteen days prior to and/or after treatment. Speak to your provider before stopping any medications. Scarring is a rare occurrence, but it is a possibility whenever the skin surface is disrupted. To minimize the chances of scarring it is IMPORTANT that you follow all post-treatments carefully.

It is very beneficial to stay hydrated prior and post treatments as this will help reduce any risks.