

# Laser Hair Removal



European Institute of Esthetics  
MediSpa & Laser Centre

## Pre-Treatment Instructions for Laser Hair Removal

- Discontinue sun tanning and the use of tanning beds for **4 weeks** and self-tanning creams at least **10 days** before treatment.
- Always use a SPF-30 or greater sunscreen on all exposed treatment areas and re-apply as necessary. Wear protective, light-occluding hats and clothing.
- Discontinue use of exfoliating creams such as Retin-A, Glycolic, Masks and other skin exfoliating products **two weeks** prior and **2 weeks** after each treatment course.
- If you have a history of herpes outbreaks in the area of treatment, you should consult your Primary Care Physician for medical evaluation and possible prophylaxis prior to treatment. (Valtrex or Zovirax)
- Topical anesthetics are generally not needed for this procedure but are available for sale at the patient's request.
- Please do not wear make-up on the areas to be treated, or at least wash it off prior to being seen by the laser specialist.
- Some clients find it helpful to take two or three plain Tylenol **2 hours** before the treatment. Women who find that they are less sensitive after their menstruation prefer to schedule their treatment sessions accordingly. You will be less sensitive if you are well rested, well fed, and not thirsty at time of treatment. You should pamper yourself on laser days!
- Makeup can be worn 24hrs post treatment. We recommend Jane Iredale Mineral Make-Up as it is calming to the skin and delivers a physical block for sun exposure and has anti-aging properties.
- Areas of treatment **MUST** be shaved the night before or the morning of treatment!



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## Post-Treatment Instructions for Laser Hair Removal

### Precautions:

Take care to prevent trauma to the treated area for the first **1-3 days** following the treatment. Treat the area gently. Avoid rubbing, scratching, or picking at the treated areas. Avoid very hot showers or baths, soaking in a hot tub, or swimming in a chlorinated pool as it may irritate the skin. Pat the skin dry after bathing or showering.

Avoid direct sun exposure (natural and artificial) for **5-7 days** following each treatment. Tanning beds and tanning creams should also be avoided between treatments. If the sun cannot be avoided, be sure to use a sun block with an SPF of 30 for the face and body to provide protection between treatments.

To prevent skin irritation, if possible avoid applying makeup for 24 hours. Makeup can be applied 24hrs post treatment. We recommend Jane Iredale Mineral Make-Up as it is calming to the skin and delivers a physical block for sun exposure and has anti-aging properties.

### General Skin Care:

- If dryness occurs, apply a thin layer of Aloe Vera to the treated area several times a day until evidence of dryness has dissipated.
- Shower as usual but remember the treated area might be a little temperature sensitive.
- If the skin is irritated or blistered following treatment, avoid use of exfoliants, loofa sponges or aggressive scrubbing during the healing phase and be especially careful if any peeling is present.
- Any irritated areas can be protected from clothing or jewelry with a non-adhesive dressing.
- During the treatment period, sun block should be used whenever the treated area is exposed to the sun. Sun tanning increases the melanin (pigment) in the skin and increases the risk for burns and blistering during treatment.
- Avoid shaving with a razor for the first **2-3 days** after treatment.



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## Post Treatment Expectations:

Remember, the hair will not fall out tonight...or tomorrow for that matter! It can take up to 3 weeks for the hair to fall away. You can help this process along with the gentle use of a washcloth or loofa sponge **4-5 days** after treatment.

Immediately following laser treatment, you may experience redness or minor swelling of the skin, similar to mild sunburn. These normal tissue effects are temporary and will usually disappear over the next twenty-four hours. A soothing Aloe Vera gel or cold packs may be used to ease any discomfort. Acetaminophen (Tylenol), or Ibuprofen (Advil) may also reduce post treatment discomfort. Do not use aspirin.

A small percentage of individuals may experience blistering or peeling of the skin. The peeling is similar to the effects of sunburn and it is recommended that the peeling skin not be removed as it may lead to scarring. If the skin blisters, an over-the-counter antibiotic such as Neosporin may be helpful.

- The area to be treated should be shaved 24 hours before treatment (the night before or the morning of treatment). If the area to be treated has a heavy growth of hair, shave 12 hours prior to treatment.

Do not wear makeup, deodorant, perfume, or powder on areas to be treated.

**No waxing, tweezing, bleaching or depilatories between treatments.**

## Pre-Treatment Instructions for Next Treatment:

- The area being treated cannot be exposed to the sun for at least **2-4 weeks** prior to treatment. Apply a broad spectrum (UVA/UVB) sunscreen of SPF 30 or higher to any treatment area prior to exposure to the sun.
- Treatment cannot be performed on areas with significant suntan or sunburn. Avoid direct exposure to the sun, tanning beds, or self-tanning lotions for a minimum of **4 weeks** prior to treatment.



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