

JESSICA'S

— Laser Hair Removal —

Information & Preparation for Laser Hair Removal Appointment.

Assessment Before Treatment:

1. Color of hair to be treated? Grey, blonde and red hair cannot be treated. The IPL light does not penetrate these hair types.
2. Are you on any medications that cause your skin to be sensitive to the sun?
3. Have you waxed recently?
4. Are you on any medications that can make your skin sensitive to the sun? Do people have different hair growth speeds?
5. Using tanning creams?
6. **The growth rate of hair varies from individual to individual depending on their age, genetic predisposition and countless environmental factors.** It is commonly stated that hair grows about 1 cm per month on average, however reality is more complex, since not all hair grows at once.
7. If you answered no to these questions we are going to go!

Pre-Treatment prep and information:

1. Area must be shaved 24 hours prior to your appointment. I cannot treat areas that aren't shaved well and treatment will not be as effective.
 - The closer the shave the better.
 - Bikini services, don't shave the part where you want to keep the hair.
2. No makeup/lotion/deodorant on the day of your appointment (on treatment area).
3. Stay out of direct sunlight for at least 2-3 days prior to your appointment (& 2-3 days after). This depends on the location of treatment. Also if out in the sun apply a zinc based sunscreen.
4. Do not use self-tanner or spray tan products for at least 2 weeks before your treatment to avoid potential injury.
5. Avoid drinking more than 2 alcoholic beverages 24 hours before your treatment .
6. Avoid waxing/threading/tweezing in the area for at least 4 weeks. Shaving is ok!

Post Care Instructions & Information

1. **Redness & Bumps are normal.**
Immediately after your treatment, redness & bumps at the treatment area are common; these may last up to 2 hours or longer. It is normal for the treated area to feel like a sunburn for a few hours. You should use a cold compress if the sensitivity continues. If there is any crusting, apply

an antibiotic cream. Darker pigmented skin may have more discomfort than lighter skin & may persist longer.

2. **Cleanse the area treated gently.**

The treated area may be washed gently with a mild soap. Skin should be patted dry & not rubbed during the first 48 hours.

3. **No makeup & lotion/moisturizer/deodorant for the first 24 hours.**

Keep the treated area clean & dry, if further redness or irritation persists, skip your makeup & moisturizer, & deodorant (for underarms) until the irritation has subsided.

4. **Dead hairs will begin to shed 5-30 days after your treatment.**

Stubble, representing dead hair being shed from the hair follicle, will appear within 5-30 days from the treatment date. that is normal & they will fall out quickly.

5. **Exfoliate to speed up hair shedding.**

Anywhere from 5-30 days after the treatment, shedding of the hair may occur & this may appear as new hair growth. It is not new hair growth, but the dead hair pushing its way out of the follicle.

You can help the hair come out by washing with a washcloth.

6. **Avoid the sun for a few days depending on area treated.**

Avoid sun exposure to reduce the chance of dark or light spots for 2 months. Use sunscreen (spf 25 or higher) at all times throughout the treatment period & for 1-2 months following.

7. **Do not pick/scratch/wax/thread/tweeze the area.**

Avoid picking or scratching the treated skin. do not use any other hair removal methods or products, other than shaving, on the treated area during the course of your laser treatments, as it will prevent you from achieving the best results.

8. **Hair growth varies.**

On average, most will experience a level of hairless happiness after 6-10 sessions depending on area and individuals which will result in not even checking for stubble (yes, it's life changing!).

If you have any questions please contact me at your earliest convenience.

Thank you!

Jessica

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Click here for Google maps directions:

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