

LASER HAIR REMOVAL

PRE & POST TREATMENT ADVICE

Pre-Treatment Advice

During consultation it is important that the client has a full understanding of the treatment and the instructions to follow.

- Do not expose skin to UV (sun exposure, tanning beds or fake tan) for at least 4 weeks prior to treatment.
- Do not epilate, wax, pluck or thread the area to be treated. Shaving or depilatory creams can be used.
- Avoid swimming in strong chlorinated water immediately prior to treatment.
- Avoid exfoliating, microdermabrasion or skin peels for 1 week prior to treatment.
- Avoid wearing tight clothing when attending treatment sessions if treating the body.
- Area of treatment should be clean and dry.
- Protect the skin from sun exposure and SPF 30+ should always be used during the treatment programme.
- Hot and humid weather can make the skin more sensitive prior to treatment.
- **Please shave hair 24 hours prior to your laser appointment**

Post Treatment Advice

- No exposure to UV, tanning beds (during treatment). Self tan can be used 1 week after treatment and must be completely off the skin prior to next treatment.
- Do not shave for 48-72 hours after treatment.
- Do not epilate, wax, pluck or thread during the treatment programme. Shaving or depilatory creams can be used.
- Do not pick or scratch the treatment area.
- Avoid rough handling of the treatment area.
- Avoid hot baths, showers, sauna etc for the first 48 hours after treatment.
- Avoid swimming in strong chlorinated water for up to a week after treatment, if the skin feels sensitive.
- Avoid exfoliating or skin peels for 1 week.
- Avoid rough sports or gym for at least 24 hours after treatment.
- Keep the area clean and dry.
- Always wear SPF 30+

The use of Aloe Vera gel after treatment can improve any discomfort in the treatment area. Do not use ice directly on the skin

If you are experiencing problems or have any concerns, please contact us on 01707 662477.