

LASER HAIR REMOVAL

Pre & Post Treatment



PRE-TREATMENT INSTRUCTIONS

Follow these instructions. They are not just for best results. They reduce the risk of injury.

AT LEAST 2 WEEKS PRIOR TO TREATMENT:

- Treatment sites CANNOT HAVE SUN EXPOSURE or the equivalent (like tanning beds). For daily activities that cannot be avoided - like driving to work, school or grocery store - wear sunscreen/sunblock SPF 30+ WHICH MUST have zinc oxide or titanium dioxide.
- But if these daily activities cannot be avoided AND cause more than just a few minutes of sun exposure, neither a zinc oxide or titanium dioxide nor any other sunscreen/sunblock works. With longer sun exposure, zinc oxide or titanium dioxide sunscreen/sunblock ONLY works for someone NOT getting lasered. Instead, with longer sun exposure, treatment sites must be fully covered, but NOT with regular clothing. Special, UPF (ultra-violet protection factor) clothing must be used. However, just as dangerous, invisible sunlight penetrates clouds, some even penetrate UPF clothing. Wearing UPF clothing is not an excuse for ignoring the strict rule against sun exposure, not even on a cloudy day.
- These steps give an old tan time to fade (for most people), while avoiding a fresh tan. But old and fresh tans are not the only DANGEROUS tans. ALL tans are. Even temporary or fake tans, like from a sunless, self-tanning lotion.
- Avoid retinoids, acids/peels, or "night" creams for 3 days prior to treatment. They make your skin photosensitive - greatly increasing the risk of adverse reaction.
- No waxing, plucking or bleaching at-least 4 weeks before treatment.
- Inform us of any cosmetic injections received during the 2 weeks before treatment.

24 HOURS PRIOR TO APPOINTMENT:

- If getting laser hair removal, shave the treatment area. Results are best when shaved one day before (rather than the day of) the appointment. If you hate shaving, then instead use a depilatory cream, but that changes the best timing. For depilatory cream, results are best when used 48-72 hours before treatment.
- Do not expose the treatment area to ANY high temperatures, like hot tubs, saunas, welding, ovens, open flames, heat lamps, etc.
- If you have EITHER (a) any history of perioral herpes simplex virus and getting laser treatment near your mouth or (b) any history of genital herpes simplex virus and getting a laser treatment near your bikini area, THEN have your doctor prescribe a prophylactic antiviral therapy medication for you to take the day before, the day of, AND the day after your treatment. This reduces the risk of a breakout.
- Please notify Body Details if you took ANY cold/flu medication, OVER-THE-COUNTER medications like Nyquil, Advil, Motrin, Midol, Aleve, or anything containing Ibuprofen or Naproxen.

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THE DAY OF YOUR APPOINTMENT:

- The skin must be clean before treatment. Arrive with the treatment area COMPLETELY free of ANY make-up, lotion, cream or oils. Avoid applying these products on the day of your treatment because some can be difficult for you to completely remove. Some require removal with soap and water. Even if you think that you completely removed it, inform your True Laser Specialist so that they know to double-check that it is safe to treat.
- If treating underarms, avoid deodorant/antiperspirant on the day of your treatment.
- If you used any topical anesthetic, inform your True Laser Specialist.
- Drink more water than you normally do, rather than beverages made with or containing water.
- Avoid coffee, tea, chocolate, or weight-loss products with caffeine. Unlike all the other warnings, this is not only for safety reasons, and is also for your comfort. Caffeine increases sensitivity to the laser. For extra comfort, 500-1000mg of Tylenol is recommended
- There are foreseeable risks from these procedures, even if we do everything correctly, and what increases those risks the most is something we cannot control - whether you get "sun exposure" or otherwise deviate from these instructions.

POST-TREATMENT INSTRUCTIONS

Adverse Reactions are already a risk. Your conduct in the first 24 hours after treatment (and even as long as two weeks afterwards) greatly affects whether you suffer that reaction.

Immediately following treatment:

- The treatment site may feel irritated (like a sunburn) for a few hours after treatment.
- There should be Edema (swelling) of each hair follicle which normally lasts up to 2 hours, and Erythema (redness) of the treatment site for up to 3 days. If Edema or Erythema do not go away as expected or become too itchy, you may take oral Benadryl or use 1% Hydrocortisone cream.

THE FIRST 24 HOURS AFTER TREATMENT:

- **NO SUN:** Treatment sites CANNOT HAVE SUN EXPOSURE or the equivalent (like tanning beds). As explained by the "Contract for Laser Services", sunlight is NOT BLOCKED by sunscreen/sunblock, clouds, clothing, or a canopy of trees. Some of the dangerous, invisible sunlight penetrates even special, UPF (ultra-violet protection factor) clothing, so no protective step gives you an excuse for ignoring the strict, 24-hour rule against sun exposure.
- **SKIN CARE:** You may use gentle cleansers like Cerave or Cetaphil, but cannot use peels, scrubs, exfoliation (including Clarisonic devices), or prescription acne medicine for 3 days after the treatment. OTC benzoyl peroxide, salicylic acid, or adapalene can be used upon an acne breakout, but small bumps are normal and require no care (they should resolve within a week).
- **MAKE UP:** Do not apply makeup until the morning after your treatment.
- **REST:** Avoid activity that (from either physical exertion or heat exposure) makes you sweaty. Even outdoors in the shade is bad. Stay in air-conditioned environments. Treatment sites that are damp/sweaty and hot will promote bacteria.
- **REDNESS:** Skin may be red for approximately 8-36 hours. Redness will fade gradually, but some areas regain their normal color sooner.

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AFTER THE FIRST 24 HOURS:

- **CLEAN:** You can begin showering and/or submerging the treated area as normal. Avoid harsh perfumes, soaps, or irritants.
- **LIMITED SUN:** Although the requirement is not as strict as during the first 24 hours, for at least 2 weeks after treatment, avoid sun exposure if possible, and cover with UPF clothing if not possible to avoid it. After that 2 weeks, whenever outdoors use a zinc oxide or titanium dioxide sunscreen/sunblock of SPF 30+, and reapply as it sweats or rubs off.
- **SHEDDING:** Around two weeks following treatment the hairs of the treatment site will begin to shed. During this phase, hair will appear to be growing, but what you are actually seeing is hairs disconnecting from your skin because they are no longer connected to a root. You may use a natural loofah to help exfoliate the area to help facilitate the hairs to fall out. Once the shedding phase is complete (around 3 weeks following treatment) you will experience a hair-free period that lasts around a month.

After that:

The hairs that happened to be in the Anagen stage of the hair-growth cycle (attached to the root) during your treatment are usually permanently removed and do not grow back.

Your next treatment will be spaced out to give enough time for hair follicles that were previously in a Telogen stage of the hair-growth cycle (not attached to the root) to cycle to an Anagen stage, where the laser is better able to destroy the root.

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