

AFTERCARE

LASER HAIR REMOVAL

- 1** Avoid sun exposure to the treatment areas and do not use UV tanning beds at all for 4 weeks before/after treatment. The use of self tanning skin care must be discontinued 3 weeks prior to treatment and any residual self tanner must be removed in order to perform the treatment.
- 2** Do not epilate between treatments (waxing, plucking, threading or creams) – shaving is always advised to ensure balanced regrowth.
- 3** Do not use deodorants or perfumed products in the treatment area straight after treatment and up to 48h.
- 4** Avoid very hot baths/showers/steam baths for 1 week or longer if any reaction or irritation occurs.
- 5** Avoid rough/high intensity sports for at least 24-48h depending on skin reaction
- 6** Avoid professional exfoliating microdermabrasion or peels during treatments sessions.
- 7** Do not pick or scratch the treated area, any prolonged redness or irritation should subside with continued post cooling at home, or by applying Aloe Vera gel to the treated areas.
- 8** Do not use topical products that cause photosensitivity (e.g. hydroxyl acids, salicylic acid, retinols and benzoyl peroxide) in the treatment areas for three days before/after treatment. Use a gentle cleanser and lotion on treated areas.
- 9** Use sun block min SPF 50+ and consider using protective cotton clothing for exposed treated areas.
- 10** Advise the clinic within 24-48 hours if any adverse reaction occurs. If returning to the clinic is not immediately possible, a photograph of the reaction should be submitted immediately.
- 11** Hot and humid conditions can aggravate skin in the period following treatment. Immediate use of skin cooling can be helpful, such as cooling gel packs, a chilled cloth and Aloe Vera.

Post- treatment post care instructions must be followed to prevent any complications.