



CLIENT CARE INSTRUCTIONS FOR LASER HAIR REMOVAL TREATMENTS

PRE-TREATMENT INSTRUCTIONS:

1. You **MUST** cease all bleaching, tweezing, waxing and electrolysis for 4 weeks prior to treatment session. (The target hair is needed in the follicle to absorb the laser light.)
2. Avoid sun exposure for 3 – 4 weeks prior to treatment session. (You do not want the active melanin in your skin to absorb the laser light.)
3. Cease using any self-tanner for at least 1 week prior to treatment session.
4. Shave the area to be treated 1 – 2 days prior to treatment session. If needed, the technician can always shave the area further before beginning treatment.
5. The treatment area should be clean of any perfume, deodorant, makeup, lotions, sun block or any other chemical or skincare products. The technician will be able to further clean the area for you as well, if needed.

PROCEDURE:

1. At the beginning of every treatment session, we will review your medical status and ask if there have been any changes. Please remember to inform the technician of any changes, like medications or sun exposure, because they may alter the effectiveness of the treatment or may cause undo side effects.
2. The technician will shave the target area if necessary and then cleanse the area free of all chemical or skincare products.
3. The technician will line the target area with a light, washable marker and then will systematically treat the area with the laser until the entire area has been completed.
4. Protective eyewear must be worn by the client and technician during the entire procedure.
5. Some clients may feel a slight discomfort with the laser pulse, sometimes described as a pinch or the snapping of a rubber band on the skin. This discomfort is minimized by Candela's DCD™ cooling system and diminished almost instantaneously for most clients.

POST-TREATMENT INSTRUCTIONS:

1. Immediately after treatment, there should be redness (erythema) and swelling (edema) with bumps at the treatment site which may last up to 2 hours or longer. It is normal for the treated area to feel like a sunburn for a few hours after treatment, so treat the skin gently.
2. The application of a cold compress during the first few hours after treatment will reduce the discomfort and swelling that may be experienced. We recommend aloe vera gel to help ease temporary, mild burning as well.
3. In the rare case of minor epidermal blistering or crusting apply a topical antibiotic cream (not ointment) and inform the technician so that it can be noted in your chart. If necessary, the technician will give you further instructions.
4. Avoid active sun exposure to the treatment area for 2 weeks following treatment and always use sunblock (SPF 25 or higher) throughout treatment. It is recommended to avoid direct sun exposure and tanning beds throughout the course of your treatment. This will reduce the chance of hyperpigmentation.
5. Makeup may be used immediately following treatment, unless there is epidermal blistering. It is recommended to use new makeup to reduce the possibility of infection. Make sure you have moisturizer on under your makeup. In fact, moisturizer will help the dead hair exfoliate from the follicle, so use moisturizer frequently on the treated area. Only use a moisturizer without alpha-hydroxy acids.
6. Avoid picking or scratching the treated skin. **DO NOT USE** any other hair removal methods or products on the treated area that will disturb the hair follicle during the course of your treatment, as it will prevent you from achieving your best results. Shaving may be performed in between treatments.
7. You may shower after the laser treatments in tepid water and wash gently with a mild soap. Skin should be patted dry **NOT** rubbed. Remember to treat the skin gently, as if you had a sunburn.
8. Underarm areas that have been treated should be wiped with alcohol for the first 24 hours. To further reduce skin irritation, use powder after laser treatment. Deodorant may be applied after the first 24 hours.
9. **Anywhere from 5 – 30 days after the laser treatment, shedding of the surface hair will occur and this may appear as new hair growth. This stubble is NOT new hair growth, but rather the dead hair pushing its way out of the newly destroyed or damaged follicle.** You can help the hair to exfoliate by washing or wiping the area with a wet washcloth or loofa sponge. Once the hairs are expelled, you may experience a period of hairlessness and smoothness in the area while you await your next session.
10. Hair regrowth occurs at different rates on different areas of the body. New hair growth will not occur for at least three weeks after treatment. We would like you to return for your next treatment at the first sign of the return of hair growth. This can mean within 4 to 6 weeks for the upper body areas and possibly as long as 4 to 12 weeks for the lower body areas.
11. Please call our office if you have any questions or concerns after your treatment.

CLIENT SIGNATURE: _____

DATE: _____