



## ***Laser Hair Removal Pre-Treatment Information***

---

Laser Hair Removal is a clinical treatment designed for the removal of unwanted hair. Our goal is to eliminate approximately 80% of unwanted hair. In most cases, this will mean removal of the hair with little or no effect on the surrounding skin. Results are individual and can encompass one or more of the following: slowed or no hair re-growth, reduced coarseness of the hair and lightening of hair color in the treated area. All medical and cosmetic procedures carry risks and may cause complications.

### **The following are contraindications to having treatment:**

- Active Herpes Simplex Virus infection, Type 1 and 2. In an effort to prevent 'flair up' of this condition, treatment to the upper lip, chin, lower cheeks or bikini line should be avoided. The risk of complication may be reduced, if prescribed antiviral medication is taken prior to and after each treatment.
- Hirsutism from endocrine problems or induced hirsutism. This requires medical management.
- History of keloid scarring.
- Pregnancy
- Atypical moles or malignancy, pigmented lesions, tattoos (including permanent cosmetic tattoos) or vascular lesions in the treated area.
- Use of photosensitizing medications (i.e. Retin A, Alpha Hydroxyl or Glycolic Acid), one week prior to treatment.
- Patients taking Accutane may not have laser treatments of any kind and must wait 6 to 12 months after finishing therapy before being treated.
- History of seizures triggered by light.
- Presence of a deep suntan, sunburn, or artificially toned skin. Avoid sun exposure and tanning, including self-tanning products for 2 weeks prior to treatment. Remove skin bronzers completely prior to treatment. A sunscreen with SPF 30 or more should be used on any treatment areas exposed to the sun. If you have recently tanned you will be instructed to stay out of the sun and return for treatment when the tan has faded.

### **Additional Information:**

- It may take up to two weeks for dead hair to push its way out of the follicle.
- Light hair may require more treatments than dark hair.
- The optimal time between treatments is four to six weeks for most body parts.
- You should avoid bleaching, tweezing, waxing, threading or the use of depilatory creams for four weeks prior to initiating therapy and during the entire duration of therapy. Shaving is the recommended hair removal method in between treatments.
- Please shave within 24 hours of your treatment to optimize results and minimize discomfort.
- Most clients achieve optimal results after 4-6 treatments, however individual results vary. Touch-up treatments may be required on an annual or bi-annual basis.

**Please call should you have any questions prior to your appointment.**