

# LASER HAIR REMOVAL



Before and after your laser hair removal treatment we recommend you adhere to the following recommendations. This will ensure the results of your treatment are optimal and help avoid unwanted side effects.

## PRE TREATMENT CARE

- Please shave the treatment area 1-2 days prior to your appointment. A few millimetres of hair regrowth is ok.
- Avoid excessive sun exposure, tanning and sun beds for 4 weeks prior to treatment. We may not be able to treat you if your skin has recently darkened or burned from sun exposure.
- Avoid applying self tanning gels, creams and moisturisers for 2 weeks prior to treatment.
- Please tell your therapist if you are taking oral tanning supplements such as Melanotan.

## POST TREATMENT CARE

- Expect your skin to appear pink and slightly warm immediately after treatment.
- Keep the treated area hydrated by applying moisturiser regularly.
- If exposed to the sun apply SPF 30+ to your skin for 2 weeks after treatment.
- Do not exfoliate or rub the skin for 3 days after treatment.
- No spray tans or hair removal in the treated area for 3 days after treatment.

## POSSIBLE MINOR SIDE EFFECTS

- Redness, and feelings of light sunburn, superficial blisters.

*If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.*