

AFTER-CARE INSTRUCTIONS & PATIENT INFORMATION

Laser-Based Procedures

Please follow the instructions below in addition to any explained to you during and/or after your treatment. Failure to follow the after-care instructions may result in skin damage for which the Clinic takes no responsibility. Call the Clinic if you have any questions.

AFTER-CARE INSTRUCTIONS

1. After the treatment, you may feel like you have had a mild to moderate sunburn. Minor crusting or minor peeling of the skin surface is not unusual. Aloe Vera Gel generally helps to reduce redness or inflammation of your skin. A good moisturizer helps to keep it comfortable. For larger areas, apply petroleum jelly at night. **Keep the area clean. Wash gently.**
2. Application of cold water during the first few hours after treatment should help to reduce any discomfort. Avoid using ice or ice-cold water to the treated area.
3. **Avoid bathing or washing with very hot water. Use luke-warm water, if needed.** Avoid hot baths, steam rooms, saunas, and heat treatments. Treat the skin gently.
4. **DO NOT Pluck, Epilate, Wax or Thread at any time during the laser hair removal treatments. You can shave only.**
5. Avoid direct sun exposure after your treatment. If you do go in the sun, always protect the treated area with a sunscreen of SPF 30 or higher.
6. Avoid any irritating medications or chemicals, particularly on the face. Examples of these are Retin-A, Benzoyl peroxide, glycolic acid or astringents.
7. Avoid picking or scratching the treated skin area.
8. To avoid infection, do not touch the treated area with unclean hands and towels.

GENERAL INFORMATION FOR LASER HAIR REDUCTION

1. ***Q: What does it feel like?***
The laser treatment may feel like a mild sting for a fraction of a second. The laser uses a patented air cool system to cool the skin surface, which helps to protect the skin and minimize discomfort. The time it takes for a hair removal treatment depends on the area size being treated.
2. ***Q: How many treatments are necessary?***
Hair growth goes through 3 stages of development. Typically in the anagen stage, the hair will respond more effectively to treatment. At any given time, only one third of human hair is in the anagen stage. For this reason, it is necessary to treat an area at least 3-6 times spaced approximately 4-6 weeks apart in order to see good results. Darker hair will respond better, but both dark and light hair may need additional treatments for good response and long-term results. Genetic, hormonal and life-style factors play an important role in determining the number of treatments required to achieve the desired results. The face with more hair concentration will require more treatments than arms and legs with lesser hair concentration to achieve same results.
3. ***Q: Results – What should you expect?***
The hair that has been destroyed will not start to fall out for 2-3 weeks, at which point it should be shaved off as this is dead hair. Don't worry if you do not see an obvious change immediately after your first treatment. With each successive treatment, hair reduction continues to take place over a number of months.
4. ***Q: I had a hair reduction treatment one week/two weeks ago but see hair growth on my body?***
A: In the first two to three weeks after the treatment, the dead hair come out. This is normal. You should shave them off. **Do not** pluck, epilate, thread or wax.
5. ***Q: I have had a burn after the last laser treatment?***
A: It may look or feel like a burn but it is normally a heat rash caused by the laser treatment. This can happen after a laser treatment. Apply *aloe vera* gel a few times, and it should reduce the redness and minor swelling, if any. If the rash persists for more than two days, the skin turns into blisters, or changes colour, please give us a call.