

## Preparing for Laser Hair Removal

We want to make your laser hair removal experience as smooth and streamlined as possible. Below are the steps you can take to ensure a successful laser hair removal procedure.

1. If this is your first treatment, please arrive a few minutes early to complete your paperwork.
2. To begin, you will need to shave the area 24-48 hours before the procedure. This allows the energy to go towards the follicle instead of being expended on the longer hair. Having smooth, shaved skin also allows for a more comfortable experience.
3. Please refrain from tanning for at least two weeks prior to each treatment. Tanning can affect the energy delivery and reduce the efficacy of the treatment. We suggest that clients that are tanned or sunburned wait at least two weeks before treatment in order to avoid further damage. Shaving or trimming is fine.
4. Please avoid applying self-tanning lotions for at least three days before your treatment.
5. Please don't wax, sugar, pluck, thread, get electrolysis or tweeze the area that is to be treated for at least 4 weeks prior to your treatment. The hair needs to be in the follicle before the treatment.
6. Not all lasers are created equal; there are a number of low-powered lasers on the market that don't produce maximum results. The reason we use Cynosure's Elite MPX laser is because you truly get what you pay for, and as a meticulous cosmetic surgeon, I don't want mediocre, I want maximum results for all of my clients.
7. It's important to avoid using all alpha hydroxyl (glycolic) and beta hydroxyl (Salicylic acid) products (AHA/BHA), as well as hydroquinones, retinols/retinoids, aspirin, vitamin E products, Tazorac and Differin products for at least 3 days prior to your treatment.
8. Do not bleach or use depilatories for at least 2 weeks prior to your treatment.
9. Those individuals who have used Accutane within the last 6 months cannot safely receive laser hair removal.
10. People who have a tendency to experience histamine (allergic) reactions must inform their esthetician before they receive any laser treatments.
11. If there is a history of herpes, consult your Primary Care Provider for possible prophylactic antiviral therapy prior to your treatment.
12. Do not perform any physical activity that could increase your body temperature or your heart rate immediately before or after your laser treatment session.
13. Laser hair removal is less effective on clients with red, gray, or blond hair; therefore, patients with these hair colors in the treatment area should have a consultation prior to receiving any treatments using the Elite MPX laser system.
14. You can expect slight discomfort during your treatment, similar to a prickly sensation or a mild sunburn. A topical numbing agent can be used, it is available by prescription and applied to the area 60 minutes before the session. You should use a cold compress if needed. If any mild crusting appears, apply antibiotic cream and cleanse with mild soap and water. In some cases, it can take up to a full 2 weeks to be completely healed.
15. It's normal to experience slight redness, swelling and bumps in the treated area for up to 72 hours following the treatment. If these conditions persist, you can use topical creams such as calamine, Aloe vera, or hydrocortisone to treat irritation.
16. Anywhere from 1-3 weeks after the treatment, shedding of the hair may occur and this may appear as new hair growth. This is not new hair growth, but dead/injured hair pushing its way out of the follicle. You can help the hair exfoliate by washing or wiping with a washcloth.

17. On average, clients experience around 20 to 30% less hair growth after each treatment session.
18. Avoid sun exposure to reduce the chance of dark or light spots. Use sunscreen SPF 25 or higher at all times while undergoing treatment.
19. Avoid picking or scratching the treated skin. Do not use any other hair removal methods (besides shaving) as it will prevent you from achieving your best results.
20. You may shower after the laser treatments. The treated area may be washed gently with a mild soap. Skin should be patted dry and not rubbed. You may apply deodorant after 24 hours.
21. Sometimes stubbles (looks like razor burn), representing dead hair being shed from the hair follicle, will appear after the treatment. This is normal and will fall out.
22. Hair re-growth occurs at different rates on different areas of the body. New hair growth will not occur for at least three weeks after treatment.
23. After a series of 6-8 treatments, patients typically experience 70 to 90% permanent hair reduction.
24. In order to experience the best results, it's important to maintain a consistent treatment schedule. Treatments are typically spaced 4-6 weeks apart for the face and 6-8 weeks for the body.