

PLEASE FOLLOW THESE IMPORTANT STEPS BEFORE and AFTER TREATMENT

Pre Treatment Care

- ✘ **DON'T** use self-tanner products on the treatment area 4 weeks prior to your treatment.
- ✘ **Do not** pluck, wax, thread, tweeze or undergo electrolysis in the areas you wish to have treated for 6 weeks prior to laser hair removal.
- ✘ **DON'T** wear make-up, deodorant, perfumes or power on the areas to be treated.
- ✘ **DON'T** use Accutane. Laser treatments cannot be performed on patients who have been using Accutane for at least 6 months.
- ⚠ **DELAY** use of Tretinoin, Retin-A, Renova, Differin, Tazorac, Avage, EpiDuo, Ziana and high-percentage AHA and BHA products for approximately seven days prior to treatment. Consult your Physician before temporarily discontinuing use of any prescription medications.
- ⚠ **Shaving**, is to be done prior to treatment.
- ⚠ **Avoid SUN EXPOSURE** on the treatment area for at least 4 weeks prior to your treatment. This includes tanning beds. Treatments cannot be done on areas with a sun tan or sun burn. Use Sunscreen with minimum SPF 30 to avoid sun exposure.
- ✔ **For comfort** and pain relief, you may take Tylenol, and you can use topical anesthetic cream 20 min prior to treatment. (Please note not to use any topical anesthetic cream before vascular treatments)

Post Treatment Care

- ⚠ **A mild** sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but it usually resolves in 2-3 days.
- ⚠ **Apply** ice or gel packs to the treatment area for 10-15 minutes every hour for the next four hours, as needed. An oral, non-steroidal anti-inflammatory, such as acetaminophen may be taken to reduce discomfort. Use according to manufacturer's recommendations.

Until redness has completely resolved, it is recommended to avoid the following:

- ⚠ **Applying** cosmetics to treated areas.
- ⚠ **Swimming** especially in pools with chemicals, such as chlorine.
- ⚠ **Hot tubs** & Jacuzzis.
- ⚠ **Activities** that cause excessive perspiration.
- ⚠ **Avoid** sun exposure to treated areas, this includes tanning beds. Apply an SPF-30 or greater sunscreen to prevent skin color changes.
- ⚠ **Bathe** or shower as usual. Treated areas may be temperature-sensitive. Avoid aggressive scrubbing and use of exfoliants, scrub brushes and loofa sponges until the treatment area has returned to its pre-treatment condition.

✔ **Appearance** of hair growth or stubble will continue for 7-30 days post-treatment. This is not new hair growth, but the treated hairs being expelled from the skin.

✔ **Hairs that** were in the resting phase at the time of treatment may enter the active growing phase in 1-6 months, depending on the body area.

Cautionary Criteria

Cautionary criteria for light therapy includes, but is not limited to:

✘ **History of keloid** and hypertrophic scar formation. Although scarring-is rare, picking or pulling off scabs or crusting can result in scarring. For this reason, it is recommended to exclude from treatment clients with known tendency to form keloid or hypertrophic scars.

✘ **Pregnancy** there is no clinical evidence at this time of fetal harm from a light-based system, but the results of the treatment may be erratic or unreliable due to fluctuations in hormonal levels, hair growth cycles and physiological skin conditions.

✘ **Seizures** light based treatments may trigger seizure attack.

✘ **Botox & dermal fillers** must be performed two (2) weeks prior any facial rejuvenation procedure.

✘ **Open lesions.** Treatment should only be done on intact, healthy skin, with the exception of acne-affected skin.

✘ **Herpes I or II** within the treatment area. Treatment is possible once the outbreak is healed, however you will be required to take prescription strength antiviral medication to keep this condition in remission during the treatment series. Clients should consult their primary care providers for medical evaluation and possible prophylaxis prior to treatment.

✘ **Diabetes** unstable diabetes patients should never be treated as they will have problems with healing. Any laser treatments on stable diabetes patients need to be executed in close collaboration with the patient's physician.

✘ **Risk of Paradoxical Hair Growth.** This can occur in women of Mediterranean descent who have an ill-defined hair line with no obvious transition of the hairline to the face. These clients are at a high risk for hair stimulation and should be advised of this phenomenon before treating.

✘ **Moles & Unusual Skin Lesions** - you will need to speak to your physician or a dermatologist to diagnose any unusual skin structures to ensure your safety.

✘ **Menstruation** will make your skin more sensitive, so the treatments may be a bit more painful during this period of time.

✘ **Shaving**, start shaving your hair as soon as you start considering hair reduction treatments. Shaving will put all of the hair in the treatment area into an active growth stage which will ensure a more successful treatment rate.

✘ **Waxing, plucking, 'sugaring' or 'threading'** must be discontinued six (6) weeks prior to hair removal treatment. Laser hair reduction targets the melanin in the hair follicle, so there must be hair follicles present in the skin during the treatment to ensure successful treatment.