

NORTH MEDICAL SPA

PRE + POST CARE

LASER HAIR REMOVAL



We can't wait for you to visit North Medical Spa! In order to make sure you are fully prepared for your treatment please take a moment to review this "need to know info" below.

We want to ensure that you are fully prepared for your treatment and that you receive the very best results.

BEFORE YOUR LASER HAIR REMOVAL

Please note that we require a consultation prior to any laser hair removal procedure to be sure that this treatment is right for you.

Laser Hair removal works best in instances of high contrast, such in the case of lighter skin with darker hair. This means for most blonde and red haired clients, unfortunately, this treatment is not ideal for you. Laser is attracted to pigment and your hair color will not attract the light required to remove the hair follicle.

In the case of deeper skin tones, it may be possible to temporarily lighten the skin in the treatment area through the use of products that contain hydroquinone. Pre treatment is required for 4-6 weeks. Your primary care physician can prescribe this topical treatment.

If you are prone to cold sores, this treatment may cause a breakout; ask your doctor for a prophylactic treatment such as Valtrex. Please use medication two days before, during, and two days after.

Laser Hair Removal is safe if you are nursing but is not suitable while you are pregnant.

1 MONTH BEFORE TREATMENT:

- Do not pluck or wax the treatment area 1 month before the procedure. All other hair removal methods when the hair root is preserved, e.g. shaving and trimming, are permissible.

1-2 WEEKS BEFORE TREATMENT:

- Avoid prolonged sun exposure as well as self-tanner for 2 weeks prior to your appointment as we cannot safely treat excessively tanned or sunburned skin.
- Discontinue the use of retinoids (Retin A, Tazorac, Differin, etc.) and Hydroquinone products.
- Discontinue the use of 10% or higher Alpha Hydroxy Acids, Glycolic Acids, and exfoliants.

24 HOURS BEFORE TREATMENT:

- Shave the area to be treated. If extensive shaving is required when you arrive for your appointment, our aesthetician will be able to do so; however a \$50 shaving fee will be applied to your treatment.

AFTER YOUR LASER HAIR REMOVAL

IMMEDIATELY FOLLOWING TREATMENT:

- The skin may be red, and the hair follicles where the surface has been treated may be raised or bumpy. Some patients experience any itching, redness, or bumps. This is normal and the swelling and bumps should disappear within a few hours of treatment.
- Sun exposure after treatment can increase the risk of hyperpigmentation, so we recommend sun avoidance and the use of broad-spectrum UVA/UVB sunscreen SPF 30 or higher.

1-3 DAYS FOLLOWING TREATMENT:

- Do not scrub or rinse the treated areas with abrasive skin cleansers.

SKINCARE RECCOMENDATIONS:

CLEANSING:

Cleanse the skin two times a day (morning and evening), using a gentle cleanser and lukewarm water. Apply the cleanser using light circular motions, rinse well and gently pat the skin dry with a clean towel. DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

MOISTURIZER:

Moisturizer should be applied in a thin, even layer with clean hands over the treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your practitioner - eg. essential oils, coconut oil, etc.

SUNSCREEN:

Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with a broad spectrum UVA and UVB protection and an SPF of at least 30. Be sure to reapply every two hours if you're spending time outdoors.

Remember that one is a treat, 6 to 8 sessions is a treatment. Best results present themselves after 6-8 rounds of Laser Hair Removal spaced 4-6 weeks apart.

Everyone's skin is different and your results and recovery time may vary.

We are here for you! If you have any questions or concerns following your treatment, please let us know. Thank you for trusting us with your skin!

Love,

Your Best Friend in Skincare