

LASER HAIR REMOVAL HOME-CARE ADVICE

Laser Treatment Information

Laser Hair Removal treatment will be carried out using the GentleLase® Alexandrite Laser. The technology used is a medical, Class 4 Laser which delivers permanent hair reduction.

The aim of the treatment is to permanently reduce hair growth. This is achieved through targeting the melanin within the hair, which in turn, raises the temperature enough to damage the hair follicles' germinative cells, without causing damage to the epidermis and surrounding tissue.

Laser Hair Removal Treatment is successful on the vast majority of patients, however individual results cannot be guaranteed. Hair loss is variable and it is extremely difficult to estimate the number of treatments required. Many factors can contribute to the growth of excess hair including heredity, normal physiological changes, malfunction of the endocrine system, medication, topical influences and stress.

Suitability

- The treatment is most successful on patients with fairer skin types and dark hair growth.
- Coarse hair responds better to treatment than fine hair.
- Fine hair has proven difficult to permanently reduce and a large number of treatments may be required to see significant reduction. However, each treatment should leave the skin relatively hair free for a number of weeks (or months) and many people see this as an acceptable result.
- Patients with darker skin types are treated at lower fluency levels and will require additional treatments.
- Fair, grey & white hair growth does not respond sufficiently to treatment.

Before Treatment

- The importance of having pale skin throughout your course of treatments has been stressed to you. Please avoid unprotected sun exposure and the use of sun-beds for at least 4 weeks before Laser treatment. During sun exposure, apply sunscreen with SPF30 to any areas to be treated. On the day of treatment, your skin must also be completely free from false-tanning products.
- Please shave or cut the hair growth within 24 hours of your Laser Treatment. This is to ensure the most effective results and it prevents further skin irritation following Laser.

- Refrain from waxing, plucking or threading areas to be treated by Laser. Do not use bleach or depilatory creams for 2 weeks before Laser Treatment. Shaving & trimming the hair growth is permitted.
- Please inform your Laser Therapist of any changes in your personal information, and/or medical circumstances since your last appointment eg. Any newly diagnosed conditions or new medication.

If you have any queries about your treatment, please do not hesitate to contact us

After Treatment

After Laser Treatment it is common for the area to feel warm/hot. Some localised swelling, redness, irritation or tenderness may also be apparent. These symptoms may appear immediately or within 24 hours following treatment. The use of Aloe Vera gel/lotion is recommended directly after the treatment and for the following few days if necessary.

Occasionally, when an area of dense hair growth has been treated, clients may experience localised blemishes.

Aftercare Advice

For 24-48 Hours post Treatment:

- Avoid any scented creams, soaps and lotions on the treated areas.
- Do not touch, pick or scratch or rub the area.
- **Avoid additional heat being applied to treated areas, such as, hot showers, hot baths, steam rooms and saunas.**
- **Refrain from excessive exercise.**
- **If any skin sensitivity persists after this period, continue with the Post-Treatment Aftercare Advice until the skin settles.**

For 4 Weeks Post-Treatment:

- You should avoid unprotected exposure to the sun/UV light i.e. Sun-bathing and sun-beds for at least one month after treatment as UV exposure may affect the pigmentation of the skin.
- Sunscreen containing SPF30+ should be applied to any exposed Laser-treated areas regularly when outdoors.
- Clients are encouraged to exfoliate treated areas regularly in order to aid the shedding of hair from the skin.

Clinic Policies

❓ Cancellation/Non-Attendance Fee Policy ❓

We would greatly appreciate if clients advise us of any appointment time changes/cancellations at

least **24 hours** in advance. Failure to attend a scheduled appointment without notifying us at least 24 hours in advance will incur a fee or loss of treatment from a pre paid course

However, if you cancel your appointment with 24 hours notice, there will be no charge.

🔒 **Children Policy** 🔒

Due to government legislation and in the interest of Health and Safety, we are unable to facilitate children on our premises.

🔒 **Refusal of Treatment Policy** 🔒

There are certain occasions when treatment may be refused, such as when our advice and guidance has been ignored or if it is felt that treatment would not benefit the client at that time. If the therapist is aware of, or suspects anything has changed in the client's medical circumstances, or that our homecare instructions have not been followed, treatment will be postponed.

We will not offer treatment if the therapist feels uneasy about performing treatment, such as, if a client attempts to coerce a therapist into providing treatment against their better judgement.

If you have any queries about your treatment, please do not hesitate to contact us on 01-2166778