



PRE-CARE INSTRUCTIONS FOR LASER HAIR REMOVAL

DO NOT moisturize or put lotion on before treatment as degree of moisture of the skin and the moisture content of the follicles in the area to be treated may have an effect on the results of the treatments.

Photo's are taken before the first treatment of certain body areas at the discretion of the client. These images are attached to client files for future reference.

If treating body areas (except the face), please shave a day before for the FIRST 6 appointments ONLY if there is thick and long hair growth. DO NOT shave areas with no growth and DO NOT shave the face.

Some clients may find treatment of certain area's to be sensitive. A numbing cream can be applied 20-30 minutes prior to treatment (please follow instructions on box) to help with sensitivity. We recommend the use of Emla or Zensa.

If you have a history of herpes, prophylactic anti-viral therapy may be required. That area may experience an eruption due to the heat.

Please advise if you are prone to acne or have underlying congested pores, an ice pack prior to treatment can be provided to cool the skin.

Always let your technician or front desk know if anything has changed in your medical history, especially prescribed medications as some ingredients may be photosensitive.

Please keep in mind during the summer months, to wear sunscreen and to avoid excessive tanning as tanned skin can not be treated.

AVOID

- Tanning or self-tanning before, during or after your treatments
- Active sun exposure for 3 days prior
- Scrubbing or irritating the area to be treated on the day of your treatment
- Temporary treatments in between treatments such as waxing, threading, bleaching and tweezing
- Waxing and bleaching SHOULD NOT BE DONE 2-3 weeks prior to treatment as treatment. If you have waxed or bleached 2-3 weeks prior to treatment, please advise front desk as treatment would have to be rescheduled

IMPORTANT INFORMATION

The first 6 treatments are full regular treatments, after 6 treatments it becomes touch ups as growth should be partially reduced. Going forward into the 7th and more treatments, DO NOT shave. The technician or staff will advise on what needs to be done.

BRAMPTON EAST

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POST-CARE INSTRUCTIONS FOR LASER HAIR REMOVAL

AVOID

- Aerobic exercise, saunas, swimming pools, hot tubs and yoga, basically any form of exercise that may make you sweat for 24 hours
 - Hot water for 24 hours, therefore no hot showers/baths, a luke warm water bath/shower is OK
 - Direct sun exposure for 3 days, so no tanning, apply sunscreen daily
 - Anti-perspiration, scented oils or scented lotions for the first 5 hours post-treatment
- Wear light coloured clothing when outside during hot weather. Dark colours attract sun.

Apply an aloe based lotion or vitamin E cream to the treated area.

Apply cold compresses if the area feels tender or warm or is red. This will help to dissipate the heat. You can continue this intermittently through out the day. Some swelling is normal.

If the area treated has blister or is broken, apply an antibiotic ointment such as polysporin ointment. These blisters usually disappear with in a few days. Keep any crusts soft by applying polysporin or lubricating ointment such as Vitamin E.

Taken Benadryl (an antihistamine) if you experience any post treatment itching.

For at least the next 1-2 months, a 30-40 SPF should be used on the treated area.

Begin to exfoliate the area daily after 1 week to assist the hair to expel. Hair may take up to 3 weeks or more to expel.

DO NOT SHAVE in between your treatments, exfoliate the area to help the hair to fall out.

Exfoliation Method: While under the shower, use a wet towel and rub it gently in circular motions on the treated area for a few seconds everyday. This will help the dead hairs to fall out.

PLEASE NOTE

Follow your pre and post treatments instructions for optimal results.

The hair cycle varies with age, race, body and hormonal factors. The laser works by disabling the hairs in the active growth cycle at the time of treatment. Other follicles enter the active phase at a later date and some treated follicles will re-grow. Additional treatments are necessary to disable the majority of follicles in a specific area.

A small group of clients may be non-responsive and will experience significant re-growth beyond 1 year.

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