



HOW DO I PREPARE FOR TREATMENT

- Read the Fact sheet, check if there is anything you are not sure about and read and sign the consent form.
- For Hair Removal, hairs should be 1 to 2mm long when the patient comes in for treatment so it is possible to mark out the treatment area. Therefore hair is shaved just before treatment for maximum transmission of the energy. Long hairs take up the energy and prevent all of it reaching the hair follicle.
- If the hair is normally shaved and can be seen when shaven then you can shave right up to the day of the treatment although plucking, waxing and bleaching should not be done. By avoiding epilation and waxing 4 weeks before treatment it ensures as many follicles as possible contain a hair and thus can be destroyed by the light.
- Avoid tanning 1 month ahead of and during the entire treatment scenario to avoid excessive discomfort from excessive light absorption in the epidermis. Immediately after the treatment the skin is particularly sensitive to UV light and strong sunlight should be avoided for at least 7 days and a SPF 30 sunblock applied to the treated area for at least one month if exposed to sunlight.

ON THE DAY OF TREATMENT PLEASE DO NOT APPLY DEODORANT, PERFUMED PRODUCTS OR AROMATHERAPY PRODUCTS TO THE AREA

- Redness and tingling or mild irritation of the treated area after treatment is common and will subside in 24-36 hours.
- If treated for hair removal, hairs may appear to continue to grow after treatment but will drop out in 1-3 weeks, regrowth may occur (usually fewer, thinner and lighter than before). The treated area may be shaved after 4 days if required.
- Please contact the Salon/Clinic if there are any unexpected reactions.

PERFECT SKN AFTERCARE

- Keep the area clean and dry and free from deodorants, make-up, aromatherapy oils or perfumed products for 48 hours.
- Apply an Aloe Vera or Tea Tree soothing cream for 48 hours after treatment.
- Avoid sun, sunbeds or tanning products for 1 month; apply "total sun block" factor 30+ for minimum of one month.
- Avoid very hot baths, swimming, showers, saunas, steam baths or heat treatments for 48 hours.

For further advice, please contact your therapist