



# HERITAGE

VEINS & AESTHETICS

*transformative patient care*

LASER HAIR REDUCTION is a relatively minor procedure, but there are some things to do before and after your procedure to optimize your results. Please note that redness, feeling like your skin is sunburnt and/or swelling can occur after laser hair reduction and is not an indication of any problem or issue. This is most common in very sensitive areas like the bikini area, breast/chest and face but can occur anywhere on the body. While you may notice an immediate decrease in the amount of hair in the treatment area, it will take 7-21 days before you will see the final effect of your procedure. Please know that it will take multiple treatments (up to 10) to achieve your desired result. Treatments should be done every 4 weeks. This is based on the growth cycle for hair and you will have the best result if you do treatments every 4 weeks. Hair reduction should be considered permanent, but results are affected by hormonal changes, type of hair, etc. If you go through a major lifechanging event like pregnancy and childbirth or certain medical conditions & treatments, you may notice hair reappearing. In this situation, you will need to undergo laser hair reduction treatments again to achieve your desired result.

## **LASER HAIR REDUCTION PRE-PROCEDURE INSTRUCTIONS**

1. Do not wax, tweeze or use hair removal creams for one month prior to treatment or at any time during treatment.
2. We will use a compounded anesthetic treatment cream. If you have any allergies to topical anesthetics please let us know when you schedule your appointment. If you have any pre-existing heart condition, your provider may not feel that topical anesthetics are safe for you. Many people choose to have the procedure done without using any numbing cream as is it only a slight discomfort for most patients.
3. You must stay out of the sun for at least 4 weeks prior to treatment or longer if you stay tan for a long time. This includes tanning beds and self-tanning creams. We cannot treat anyone with a sunburn or fresh tan.
4. Please shave the area to be treated within 24 hours of your treatment. We will charge you a fee if we have to shave you. You will also be more comfortable shaving in the comfort of your own home.
5. It is best not to wear makeup on the area to be treated; all makeup and skin products like lotion or deodorant must be removed from the treatment area prior to treatment.
6. Clients having a bikini or Brazilian treatment will be given a paper thong to wear during treatment.
7. Please be on time for your appointment. If you are late or have not shaved the treatment area, we may need to reschedule your appointment if we have a full schedule.
8. Discontinue the use of Retin-A and all retinoids in the treatment area two weeks prior to treatment. You can resume Retin-A after your treatment once your skin no longer feels irritated or feels like it is sunburnt.



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## **LASER HAIR REDUCTION POST- PROCEDURE INSTRUCTIONS**

Adherence to the Post Procedure Care Instructions will help to minimize any possible adverse effects.

1. **AVOID THE SUN FOR ONE WEEK AFTER YOUR PROCEDURE.** After that, use a sun block with SPF 30 or above that contains Zinc Oxide. Reapply sunscreen every 30-45 minutes if you are in direct sun.
2. Small red areas may be present around individual hair follicles. This is normal. If your skin feels sunburnt, applying ice for 20 minutes on and 20 minutes off will be helpful. Repeat as needed for the first 24 to 72 hours. Placing a damp washcloth in the freezer is one method that works well. The washcloth will mold to the affected area providing a cooling effect.
3. If you had a bikini or Brazilian, wear cotton underwear for three days after treatment to allow the skin to breathe and help prevent irritation or infection in the treated area.
4. Treated hairs will fall out over the next 7 – 21 days. Damaged follicles will shed their hair naturally. Hair grows in cycles and not all follicles are at the same growth cycle. Not all follicles will be in the proper growth cycle to be susceptible to treatment. Therefore, treatments should be spaced every four weeks – to ensure that all follicles are susceptible to treatment during the treatment period. This will give the best result.
5. Not all clients will be hair free after treatments are completed. This varies from client to client and is determined by amount of hair, coarseness of hair and other factors. Any remaining hair will be much finer and will be less than there was at the beginning of treatments. The only way to remove remaining hair would be using a process like electrolysis.
6. Your provider may recommend specific products for use after laser treatments. Please follow your providers instructions for best results.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_