



IMPORTANT GUIDANCE

Laser Pre and Post Treatment Advice

Arrive to your appointment with clean, shaved skin (**shaved 24 hours before your session**) in the area being treated, with no creams or deodorants and in loose clothing.

Please continue to wear loose clothing only on areas that's been treated for the first 72 hours following treatment. Allow your treated skin to breathe post treatment and keep cool for at least 72 hours by wearing loose clothes only.

Areas that have been left unshaved may not be treated successfully on the day of your session. We encourage you to make sure this is performed thoroughly as we cannot accept responsibility for areas that have not been prepared prior to treatment.

Avoid exfoliating or skin peels for 1 week after your session. After a week has passed since your laser session, it is then highly recommended to lightly exfoliate the area treated in between sessions a minimum of 3 times per week. This will eliminate ingrown hairs from the follicle that has detached following the laser and help the shedding process, which normally starts after 2 weeks have passed post treatment. Exfoliation is key!

No exposure to tanning beds and UV sunlight exposure 4 weeks before and after (during treatment). If holidays are planned, please advise us and schedule your sessions in with this in mind whilst using SPF 50 on the treated areas whilst you are away.

Fake tan can be used 2 weeks after treatment and must be completely off the skin 10 days prior to next treatment.

Nasal tanners are not permitted to be used during your course of treatments.

Do not shave for 48-72hrs after treatment and only recommended after exfoliating first.

Avoid Botox or Filler in the area being treated for 2 weeks pre and post treatment.

Drink plenty of water 24 hours before and after laser treatment and avoid alcohol within this period.

Avoid taking Ibuprofen 48 hours pre and post laser session.

Do not depilate, wax, pluck, or thread during the treatment programme. Shaving is recommended between sessions only.

Do not use bleaching creams or any perfumed products (including creams) for the first 24-48hrs after treatment.

Avoid deodorant if treating underarms for 48 hours after your laser session.

Avoid taking oral hair or vitamin supplements during your sessions, avoid products containing Biotin as this can encourage hair growth.

Do not pick or scratch the treatment area.

Avoid rough handling of the treatment area.

Avoid hot baths, showers, sauna etc. for the first 72hrs after treatment.

Avoid hot tubs and swimming in strong chlorinated water for a week after treatment due to potential irritation.

Avoid rough sports or gym or any activity that heats the body for at least 48 hrs following treatment.

Keep the area clean and dry.

Always wear minimum SPF 50 on the treatment area to avoid potential hyperpigmentation or hypopigmentation.

We must be informed **immediately** if there is any change in medication during your treatment or you become pregnant.

Please keep to your recommended sessions advised by your therapist. Delays in booking back in outside these recommended timescales can hinder your results and we cannot guarantee you will be able to book in quickly at another time which is suitable for you.

Post Laser Treatment Related Concerns

The regular use of Aloe Vera gel after treatment can improve any discomfort in the treatment area.

We advise to keep the aloe vera in the fridge to keep it cool in the case of needing to apply.

Apply Active Silver Magic Gel in any area 2-3 times a day if an area feels uncomfortable or sore. If needed, ice packs can be used to cool the skin if covered with a paper towel before placing on the skin. **Do not apply direct freezing products onto the skin that has been treated.**

Normally the skin will have a temporarily erythema (red and blotchy) and can feel warm after treatment, which usually disappears within minutes or a few hours after treatment. In some cases, it can be up to 24hrs.

There is a rare chance you could develop scabs or blisters in the treatment area, it is important you do not pick or rub the area and wait for it to heal. Apply silver gel on the area and keep it clean to avoid scarring.

As per our terms and conditions, any serious adverse reaction should be reported to the owner/clinic manager and documented within 72 hours of the treatment date.

Side effects may be immediate or appear shortly post treatment (first 24hrs) and in rare cases they may be late emerging side effects (48-72hrs).

Post-Treatment Excessive persistent heat, itching and redness: Normally resolves in 24-48 hrs if strict aftercare is followed. Cool the area regularly using cloth wrapped in ice packs or cooling gel and use cool Aloe Vera Gel regularly until the skin heals.

Antihistamine can additionally be used if prolonged heat induced itching or peeling occurs.

Recommended to purchase:

Aloe Vera
Soft exfoliating mitt
Active silver magic gel (available in our clinic)