



look as young as you feel

## **Laser Hair Removal Treatment**

### **What to expect & how to prepare**

You have decided to begin the journey of laser hair removal. Congratulations! As you begin, we want to explain everything you need to know to make this an exciting, enjoyable experience & be sure you know exactly what to expect as treatment progresses. Please read carefully & follow instructions strictly.

For best results, you will need to make a series of appointments with us. These appointments will be scheduled every 6-10 weeks, depending on the area being treated. The laser destroys only hair roots that are in the **active** growth phase. The number of treatments needed depends upon the amount and character of the hair. Before you begin hair removal treatments, you will need to come in for pre-treatment photos, unshaven. After those photos have been taken, you should shave prior to each appointment.

Try not to schedule your appointment before or during your period. Treatment tends to be more painful during this time.

Some of our patients prefer to use a topical anesthetic. Please ask our staff if you feel you would like "numbing cream." You will be given detailed application instructions with the cream.

If you are taking antibiotics, we will need to schedule your appointment approximately two weeks after you have finished your medication. Your skin may be unusually sensitive at this time. Also, if you are using retin-A, retinols, glycolics or salicylic acid topicals (such as Pro-Active) you will need to discontinue these products at least two weeks before beginning any hair removal treatments on the face or neck.

#### **How long do treatments take?**

Appointments last 30 - 90 minutes, depending on the number or size of areas being treated. **Please arrive on time**, as treatment appointments must follow a strict schedule. We will prepare your skin for treatments as follows:

1. We will cleanse the treatment area of any make-up, lotions or topical anesthetic.
2. We will place a cold ultrasound gel on the area to be treated.
3. After treatment is complete, cold compresses will be placed on the skin for cooling.
4. We will apply SPF45 before you leave after any facial treatment.

#### **What will happen after the treatment?**

- Your skin will be red and bumpy for an average of 1-3 hours after treatment. Continue using cold compresses as needed.
- After your treatment, some hairs will expel immediately. Others will take 1-2 weeks to fall out. This is the shedding process.
- After shedding, you should experience little or no growth for several weeks. New hairs begin to grow as the next group of hairs move into the active growth cycle.
- Re-growth will possibly be lighter, finer and/or scattered.

#### **What can I expect after my treatment package is complete?**

We cannot guarantee 100% removal of hair. No laser or technology can promise 100% hair removal because many factors that influence hair growth are out of our control. However, with rare exception, most patients can achieve approximately 70-90% permanent hair reduction.

After the completion of your package, you may find that you need additional treatments. Typically, it is not unusual to require a touch-up treatment once a year.