

Studio G Aesthetics

PRE AND POST TREATMENT INSTRUCTIONS FOR LASER HAIR REMOVAL

In order to minimize the risk of side effects and complications of treatments please follow these simple steps:

PRE-TREATMENT INSTRUCTIONS

- Do not wax, tweeze or use hair removal creams at any time during treatment.
- We may prescribe a compounded anesthetic numbing cream. Apply a small amount of cream to the area and rub in thoroughly. If you are applying this cream to your legs (thighs or lower legs, but not both) your full back, your full chest or both arms, DO NOT use it on any other body area on the same treatment date. Legs, backs, chests and arms requiring this medication must each be treated on separate dates. Other areas not requiring this medication may be treated on the same date. This prescription should last for most or all of your treatments. Pregnant and nursing mothers cannot use numbing cream. Inform us of any pre-existing heart conditions.
- It is important to stay out of the sun for a minimum of 4 weeks prior to treatment or longer if you retain a tan for a long time. This includes tanning beds and self-tanning creams. We cannot treat anyone with a sunburn or fresh tan.
- Please shave the area to be treated within 24 hours before your treatment. We can do a little touch up but shaving large areas is best done in the comfort of your home.
- It is best not to wear makeup on an area to be treated; but we can always remove it before your laser session. ALL skin products MUST be removed thoroughly prior to laser treatment.
- Guests undergoing bikini line hair removal should wear a narrow cut panty or swim suit.
- If the area we are treating requires disrobing, you will be given a gown. In general most clients are able to keep some or all of their clothes on during the procedure.
- Please be on time for your appointment. We make every effort to ensure our Guests do not have to wait. We reserve the right to reschedule your appointment if you are late or have not complied with the pre-treatment instructions.
- We recommend that you do not use Retin-A two weeks prior to treatment if the Retin-A product causes skin irritation or inflammation in the area. You may resume Retin-A after your laser treatment unless your skin is irritated from the laser. In that case we recommend waiting until your skin returns to normal following laser treatment.
- Prior to your appointment please make arrangements with someone to watch your children.

If you have any further questions, concerns, or experience any issues, please contact us.

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POST-TREATMENT INSTRUCTIONS

- A mild sunburn-like sensation is expected. This usually lasts two to twenty-four (2-24) hours but can persist up to seventy-two (72) hours. Mild swelling and redness may accompany this, but it usually resolves in two to three (2-3) days.
- Apply cooling to the treatment area for ten to fifteen (10-15) minutes every hour for the next four hours, as needed. An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. Use any medicine according to manufacturer's recommendations.
- Until redness has resolved, it is recommended to AVOID the following:
 - Applying cosmetics to treated areas.
 - Swimming, especially in pools with chemicals.
 - Hot tubs, jacuzzis, saunas.
 - Activities that cause excessive perspiration, or any activity that may raise core body temperature.
 - Sun exposure or tanning to treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
 - Aggressive scrubbing and use of exfoliants on the treated area.

ADDITIONAL GUIDELINES

- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- Appearance of hair growth or stubble will continue for seven to thirty (7-30) days post-treatment. This is not new hair growth, but treated hairs being expelled from the skin.
- Hairs that were in the resting phase (telogen) at the time of treatment may enter the active growing phase (anagen) in one to six (1-6) months, depending on the body area. Follow-up treatment may be needed.
- If any darkened lesions occur, do not scratch, pick or pull at darkened lesions as scarring may occur.

If you have any further questions, concerns, or experience any issues, please contact us.