LASER HAIR REMOVAL PRE- & POST-TREATMENT CARE

POTENTIAL SIDE EFFECTS

* The best way to minimize the risk of side effects is to avoid UV exposure for 7 days pre- and post- treatment. If you must be under the sun, please make sure to apply sunscreen as many times as you can throughout the day on the areas that have been lasered.
* Avoid sunburns for at least 2 weeks prior to treatment.
* Provide your technician with an accurate and up to date medical history in order to receive safe and effective treatments.
* Side effects are uncommon but may include; Hyperpigmentation (darkening of skin), Hypopigmentation (loss of skin pigmentation), mild to moderate burns or blisters, permanent skin discoloration, temporary redness, follicular edema (little pink/red “puffiness and small bumps like “goose bumps”), swelling and itching in the treated area, hives, rashes, bruising, and lack of desired results.
* Clients who are pregnant or breastfeeding cannot be treated.
* If you are on or are around your menstrual cycle, the appointment will have to be held off until at least 3 days after you’re off your period. Our hormones are not as balanced on our period as they are normally. Doing laser on your period will be a lot less effective to a point where there’s a possibility that you won’t see the proper results.
* Technicians cannot treat over tattoos.
* If you have epilepsy, Serene Beauty and Spa is unable to provide the treatment.

PRE-TREATMENT CARE

* The area to be treated must be clean-shaven at the most 5 hours before the appointment. You can shave the night before or if you have an evening appointment, you can shave the morning of. Unshaven clients will be rescheduled if there’s a lot to shave. If I have to shave any areas that were missed (minus the lower area of the Brazilian or the upper back), you will be charged a fee according to the amount of time spent shaving and the areas shaved. There is a fee for rescheduling due to not being shaven. This will be discussed if needed when you come in.
* If you are on your period, please reschedule your appointment (regardless of what body part we are working on). Based on past client’s results, because the hormones are not balanced, it is best to do laser once you are fully off of your period and at least 3 days later to receive the best results.
* Avoid UV exposure 7 days prior to your treatment.
* Clients who are sunburned must wait before being treated to avoid additional skin damage. (This includes any other burns apart from a sunburn)
* If needed, apply numbing cream 30 to 40 minutes prior to your treatment. All products must be completely removed prior to treatment.
* Clients should come to appointments clean. Please make sure you have cleaned yourself down there. If you are coming from work, please ask to use the washroom where you will find baby wipes.
* Clients should not apply deodorant to their underarms before getting laser hair removal done on them. Clients should also not apply any make up or moisturizer anywhere else on their body before receiving hair removal. If you have anything on, please ask for a baby wipe to remove the product. Laser is not as effective when you have an overlying barrier on the skin.
* Avoid chemical peels and other laser procedures in the area to be treated for 4 weeks prior and 4 weeks after your laser treatment.
* Avoid all alpha hydroxy and beta hydroxyl products (AHA/BHA), hydroquinone,  retinols/retinoid, Tazorac, and Differin for 7 days before treatment.
* Clients must stop waxing, tweezing and chemical epilation at least 6 weeks prior to treatment.
* If you are prone to cold sores, it is highly recommended to take an anti-viral medication prior to your treatment. Clients with active cold sores will not be treated.
* Clients who have used Accutane or similar products within the last 6 months CANNOT have laser hair removal treatments.
* If you have Botox or dermal fillers in the area to be treated, wait 14 days after injection to receive treatments.
* Antibiotics may increase photosensitivity. We recommend that you check with your personal physician prior to receiving laser treatments if you are taking a long-term antibiotic. If you become ill and begin taking an antibiotic, you will need to be off the medication for 7 days before laser treatment.

WHAT TO EXPECT FROM YOUR TREATMENT

* During your treatment you can expect some warmth and slight discomfort, similar to a rubber-band snap on your skin. (Not necessarily true on every skin).
* You may experience slight redness, bumps, and swelling in the treated area for up to 72 hours. If these conditions persist, topical creams such as aloe, calamine, witch hazel or hydrocortisone may be applied.
* Allow a minimum of 14 days post treatment for hair to “fall out" or shed from the skin.
* On average, clients experience up to 30% reduction after each treatment.
* For best results, allow your technician(s) to customize your treatment schedule based on your needs.
* Be advised, clients may not bring children to their appointments.

POST-TREATMENT CARE

* Avoid extended UV exposure for 7 days post-treatment.
* If blisters occur, do not puncture. If skin is broken, apply an antibiotic ointment until healed.
* You may apply aloe to alleviate discomfort due to heat if needed.
* Avoid any additional laser treatments or chemical procedures on the treated area for at least 4 weeks post-treatment or until healing has occurred.
* Using a broad-spectrum UVA/UVB SPF 30 or higher is critical when receiving laser treatments and is recommended ongoing for maintenance.
* If you experience any side effects, such as hypo- or hyper-pigmentation, prolonged redness or swelling, a histamine reaction, or blistering, please see your physician.
* To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.
* Exfoliate treated areas to minimize risk of ingrown hairs and to help the follicles fall out. Do not pick at the hair after treatments.
* Shave the area lasered 2 weeks after your session. Some follicles don’t fall out on their own or with exfoliation. Shaving is needed to see what your actual results are like for when you have to come in. If you do not shave 2 weeks after your session, I am not able to help you as I don’t know what your results are like.

**\*\*\*\*Take a picture of the area 2 weeks after your session (before you shave) and once more before coming in for your session (before you shave). Please make sure to send these to me the day before you come in. This part is extremely important for me so I can adjust the laser settings. This way, you will receive the best out of your sessions.\*\*\*\***