

D-Derm Aesthetics

Laser Hair Removal – Treatment Protocol

Pre-Treatment Instructions

- Avoid the sun for 10 days before and 10 days after the treatment You must avoid bleaching hair 1 week prior to treatment
- NO plucking, waxing or depilatory crème for 7-10 days prior to treatment.
- You may continue to shave (From now on the old myth that shaving causes hair growth no longer applies)
- Arrive for the appointment with the area cleanly shaven; this includes the fine baby hairs
- Any make-up, moisturizer, sunscreen, etc. must be removed from the area to be treated (think “Squeaky Clean”)

Post-Treatment Instructions

- Avoid sitting in any direct sunlight for 48 hours.
- Always wear sunscreen when any sun exposure is possible (SPF 30 or greater) DO NOT shave for 48 hours after each treatment
- DO NOT pluck or wax in between treatments. ONLY SHAVE
- Clients are to expect pain, swelling and redness that generally resolves within 24 hours (desired endpoint).
- If there is any hypo or hyper-pigmentation, it is usually temporary and will resolve within 6 months.
- Crusting and/or Scabs may occur over ingrown hairs.
- If the treatment causes mild folliculitis (white heads) this isn't an adverse reaction so don't worry. Apply some alcohol or acne products to the white heads for 2-3 days and it should go away.
- If any blistering scabbing occurs (extremely rare), please call us immediately. If this happens and it is after office hours apply Neosporin and sunblock to the area until you get in contact with us.

Additional Comments

- For the next two weeks or so, it may appear as though the hair is still growing but it is actually falling out. Once the hairs have fallen out, you should be hair free for a couple of weeks and then the next hair cycle will begin to grow.
- For this reason, you may notice that some treatments work better than others.

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- Laser hair removal is uncomfortable for some patients. It is described to feel like a rubber band snapping against the skin with a hot sensation.
- The laser hair removal treatments will not fade the hyperpigmentation or scarring you have gotten from your unwanted hair growth. Please ask your D-Aesthetics Consultant to recommend **D-Derm Skin care Products** to help correct uneven skin tone.
- Keep in mind that hair growth is instigated by many different internal causes; some examples are hormonal fluctuations, stress, medications, and weight gain. These factors are what will determine how many treatments and touch-ups you will need and how often.

Treatment Spacing:

- Face: 4-6 weeks
- Body: 6-8 weeks
- Most clients will need touch-ups after they complete the 6-8 treatments
- Females with male patterned hair growth may need touch-ups more frequent to keep the hair reduced by 95%.