



ONCORE



Medi-Spa

[www.oncoremedical.com](http://www.oncoremedical.com)

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# LASER HAIR REMOVAL

## Pre and Post Treatment Patient Instructions

### WHAT TO EXPECT

The hairs in an active growth phase, Anagen hair, are most affected by the laser. As all hairs are not in this phase at the same time, several treatments will be necessary to accomplish optimum results. Most patients will achieve hair loss of 50% - 85% after 6-10 treatments. The hair that remains after a series of treatments, is lighter and sparser than the original hair. An annual maintenance visit is required to maintain results.

Treatments on facial hair are every 4 weeks, while body hair treatments are every 8 weeks.

### PRIOR TO TREATMENT

- Do not pluck, wax, use a depilatory or undergoing electrolysis in the areas you want to have treated for 8 weeks prior to laser hair removal (4 weeks if treatment is on the face). Shaving is the only acceptable method of hair removal while undergoing laser treatments.
- Do not tan the area that is undergoing laser treatment for 4 weeks prior to treatment.
- Avoid using self-tanning products for 1 week prior to treatment.
- Avoid bleaching hair for 3 weeks prior to treatment.
- Shave the area to be treated one day prior to the treatment. A \$25 fee will be charged for unshaven areas.
- Remove make-up, deodorant, and lotions in the treatment area prior to treatment.
- Please wear loose clothing so that the area being treated is accessible. For your comfort, please bring shorts, tank tops or suitable underwear depending on the area being treated. If you are treating your bikini area please wear light colored underwear that is fitting to wear you would like hair removed. Bring an additional pair of underwear to wear after laser treatment, as underwear may get wet due to the laser cooling mechanism.
- Due to the nature of the appointment, please arrange childcare as needed. Children under the age of 16 (including infants) are not permitted on the clinic premises.
- Remove lotion on legs prior to appointment.
- Please do not wear lotion to the appointment on area that is being treated.

### AFTER TREATMENT

- Some redness and swelling in the area is normal after treatment and may feel similar to a sunburn. This should resolve within several hours to several days after treatment. Cold cloths, ice packs or Aloe Vera gel can be applied to reduce discomfort. After gel can be purchased for additional relief.
- Continue gentle cleansing and skincare regime as usual with the exception of exfoliation or irritants for 7 days. A gentle cleanser such as Dove or Cetaphil is ideal.
- Patients should use sunscreen with an SPF 30 on the treated area.
- Avoid perfumes, strong soaps, makeup and underarm deodorants on the treated area for 2 days after treatment.
- Avoid hot baths, hot tubs and working out for 24 hours after Laser Hair Removal.
- Call Oncore with any questions or concerns.