



Laser Hair Removal Information Sheet

How Laser Hair Removal Works

A concentrated beam of light is flashed on the skin and is absorbed by the darker pigment in the hair. The light energy travels deep into the hair follicle, damaging the follicle and retarding future hair growth. The hair must be treated during the active growth phase, requiring 3-6 treatments, 4-6 weeks apart, in order to treat every follicle while active.

Preparation for Treatment

CONTRAINDICATIONS: The laser targets the darker pigment in the hair, so it is important that the surrounding skin not be tanned, either by sun, tanning bed or self-tanning products. Skin that has had a chemical peel within 2 weeks, or is sunburned, abraded, lacerated or otherwise damaged cannot be treated until healed. If waxing, tweezing, depilatories, threading or bleaching have been used in the area, you must wait at least 2 weeks for the hair to grow back and fill the follicle for laser treatment to be effective. Light colored hair will not attract the laser beam, and will not respond to the treatment. Chemical peels, injectable fillers or Botox should be avoided for 2 to 3 weeks prior to laser treatment.

Shave the area to be laser treated 24 hours prior to the treatment. The 24-hour stubble is the right amount of hair for the laser to attract to, and the technician can follow your shaving pattern as a guide for removal. Shaving the hair between treatments is permitted. Do not use waxing, tweezing, depilatories, threading or bleaching between treatments.

Skin Care Following Treatment

The skin in the treated areas should be kept from sun exposure, and should be covered with a minimum SPF 30 sunscreen at all times during the treatment process. If irritation occurs, cold compresses or over-the-counter hydrocortisone cream may be applied. If you see a dermatologist or plastic surgeon tell them that you have had laser treatments. Chemical peels, injectable fillers or Botox should be avoided until 2 to 3 weeks after laser treatment.

How Laser Hair Removal Feels

Everyone's perception of discomfort is different, and different areas of the body or face may be more or less sensitive. Laser treatment is commonly described as feeling like the snap of a rubber band on the skin.

Tipping Your Laser Technician

Tipping is so very much appreciated! *SKiN ALiVE* Skin Care Spa is a medically directed spa, not a medical facility, and your service provider should be tipped as you normally would at a salon or spa. It is customary to tip on the full retail value of a discounted service.