



## THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

### Laser Hair Removal

#### Pre and Post Treatment Patient Information Sheet

##### Before Your Treatment:

- Do Not Wax, Tweeze or Pluck the hair in the areas you are having treated. The laser treatments will not be effective in removing hair from areas that you have recently waxed, tweezed or plucked.
- If you regularly wax, tweeze or pluck hair from any area you are having treated with laser, you must wait 6 weeks before you commence your first hair removal treatment.
- Shaving is the only acceptable method of hair removal during the entire course of your laser hair removal treatments.
- Please refrain from tanning your skin either with direct sun exposure or artificial tanning products for at least 3 weeks before your laser hair removal appointment. It is important that you lose any tan you may have got from sun exposure or tanning products, prior to having a laser hair removal treatment.
- Please shave the area you plan on having treated with laser within 24 hours of your scheduled appointment. Please ensure that the hairs are shaved close to the skin, for the most effective treatment.
- Do not wear lotions, perfumes/cologne or deodorant (for underarm treatment) the day of your laser treatment. If you are wearing any of the above products – please advise the Nurse that is treating you so she can remove the product prior to your treatment.
- Laser hair removal cannot be performed over tattoos. Areas with tattoos will be avoided.

##### After Your Treatment:

- Your skin may appear slightly reddened immediately following your hair removal treatment. This color change typically lasts for a few hours and resolves itself quickly.
- Please refrain from using a loofah or scrub on the areas that were treated with laser for at least 48 hours post treatment.
- It is fine to continue the use of lotions, creams, deodorant – immediately following your hair removal appointment.

##### Hair Removal Schedule

- Arms, Legs, Back, Shoulders: 6-8 week treatment intervals
- Anywhere on face, underarms, bikini, neck: 4-6 week treatment intervals
- Most patients require between 6-8 treatments total, for 70-90%+ permanent hair loss