



## frequently asked questions and tips for laser hair removal

when you're ready to begin treatment, the following tips will help improve your results.

- always go for an in-person consultation with your therapist before committing to a treatment.
- during your consultation discuss the types of medications you are currently taking.
- some prescriptions can cause photosensitivity, which can lead to burns. make sure to discuss it with your therapist.
- avoid exposure to the sun
- keeping the skin as light as possible will make the treatment more effective.
- stop using skincare products with strong ingredients like retinoids, salicylic acid, hydroxy acid, and benzoyl peroxide.
- avoid plucking or waxing for 6 weeks prior to your appointment as plucking out hair by the root will worsen the effectiveness of your laser treatment.
- shave the day before your treatment. shaving encourages the hair follicle to enter its active growing stage which is the ideal stage for laser targeting. within 24 hours of your appointment, shave the area(s) to be treated.
- do not wax or pluck. shaving removes longer hairs while keeping the root intact.
- take a shower right before your appointment and clean the treatment area, making sure to remove dirt and oil from the skin. avoid using any skincare products (including moisturizer) after you cleanse.
- avoid lotions, oils, and deodorants prior to treatment.

### what happens if you don't shave before laser hair removal?

if you don't shave before your appointment, **the laser will singe the hair resulting in a burn to your skin**. in addition, if the hair hasn't been shaved properly, treatment will not be as effective, and it may result in small temporary grazes on the top layer of your skin.

### how soon can i shave after laser?

if you shave too quickly you may irritate the skin even more, so waiting **at least three or four days after your treatment** is usually ideal. a few days following your laser hair reduction treatment, you may notice your hair shedding

### how long after laser can i shower?

following a laser hair reduction treatment, you should avoid hot baths and showers for **48 hours** to limit skin irritation. you should also avoid exfoliating for at least 10 days after your treatment.

### how long after laser will i see results?

you can begin to see hair fall out in **approximately 1-3 weeks post-treatment**. laser hair reduction can only damage hair that is in its active growth stage. although hair will appear thinner and less

noticeable with just one treatment, you'll need to return for multiple follow-up appointments to see optimal results.

### are 6 laser treatments enough?

no matter what area you are treating, usually **about 6 to 8 treatments are needed to achieve approximately 80 percent reduction**

### how will i know if laser hair reduction is working?

- your hair becomes slower to regrow.
- it's lighter in texture.
- you find it easier to shave.
- your skin is less irritated.
- ingrown hairs have started to disappear.
- your hair free periods in between your sessions are increasing dramatically.



### get in touch

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