

Avalon Laser

PREPARING FOR YOUR LASER HAIR REMOVAL APPOINTMENT

Getting laser hair removal is easy. However, there are a few common-sense precautions that need to be followed prior to your appointment to ensure the best results. Keep the following principles in mind:

- 1) Laser hair removal requires that the hair remain in the follicle in order for the hair follicle to be visible and destroyed. Waxing, tweezing, plucking, threading and use of any liquid hair-removal creams remove hair at the root, which will make the follicle invisible to the laser and undermine your results.
- 2) A few medications are associated with photosensitivity, ie. increased sensitivity to light. By avoiding these for a week before your session, you greatly reduce the risk of adverse effects.
- 3) Laser hair removal targets pigment in the hair. Although almost any skin type can be treated, sun-tanning or applying any pigmented lotions on the skin increase the risk of adverse effects. It is very important to avoid the sun or anything that adds pigmentation to the skin before your session.

DO:

1. Stay out of the sun for at least 2 weeks before your laser appointment or keep the area covered. This is vitally important. If you are receiving treatment on your face, use sunblock and wear a hat when outdoors at all times for one week before your session.
2. You must shave the area to be treated the morning of your laser session. Shaving the night before is ok. If you arrived unshaved, it will cut into your treatment time and there is also a \$25 additional fee.
3. Arrive at least 20 minutes before your appointment. This helps us arrange paperwork and dedicate the entire scheduled period to your laser treatment. It is always helpful to bring quarters for metered street parking just in case.
4. Check with us if you are taking ANY medications, especially certain antibiotics (Tetracycline, Doxycycline, Minocycline). These will need to be stopped at least 1 week prior.

DO NOT wax, pluck, tweeze or remove hair in similar fashion for at least 2 weeks before your first appointment and at any time in between your sessions. Shaving is ok.

DO NOT use Accutane for at least 3 months prior to your laser session.

DO NOT use Retin-A or similar products for at least 1 week prior to your laser session.

DO NOT use tanning beds, spray tans, etc. for at least 2 weeks prior to your laser session.

DO NOT use tinted lotion, bronzer or makeup on the day of your laser session.

AFTER YOUR LASER SESSION:

- You must avoid the sun for at least 1 week post-treatment; Use SPF 30 or above at all times on exposed areas.
- You may have temporary redness, itching or burning for up to 72 hours after treatment, similar to a mild sunburn. Use a cool compress, ice pack or aloe vera lotion immediately after treatment for comfort and to soothe the skin.

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- Avoid any possible trauma to the skin such as hot tubs/ sauna/ steam-rooms/ strenuous exercise/ sweating/ yoga/ massage/etc for at least 2-3 days after your session to avoid irritating the skin. Avoid picking or scratching the skin
- Avoid hot showers for at least 24 hours after your laser session. Use cool water and gentle cleansers and pat the skin dry instead of rubbing.
- Do not apply makeup until redness has subsided.
- Avoid acid peels, exfoliating agents, chemical irritants, etc. for at least 1 week after treatment.
- You may notice hair continuing to shed from the follicle for up to 2 weeks after your treatment. This is dead hair pushing its way out of the follicle and is normal. You can remove this hair by gently wiping the skin with a wet washcloth.

We ask clients that they provide at least a 24 hour notice before any changes or cancellations to scheduled appointments in order to avoid incurring a cancellation fee or forfeiture of service.