



LASER TREATMENT

AFTERCARE INSTRUCTIONS:

IMMEDIATELY FOLLOWING YOUR SESSION, THE FOLLOWING IS NORMAL:

- Slight red bumps which disappear after 1 to 2 days (Perifollicular erythema)
- Minor swelling which disappears after 24 hours (slight edema)
- Redness which disappears after 1 to 3 days (slight erythema)

WITHIN THE FOLLOWING DAYS, IT IS ALSO NORMAL TO EXPERIENCE:

- After 3 or 4 days, the hair shaved during the treatment begins to grow back
- After 15 to 20 days, the hair starts to fall out until a 40 to 80 percent hair loss is reached (in the first session)

AFTERCARE INSTRUCTIONS:

- Treat the area delicately. DO NOT rub, scratch, or pick the treated area.
- If the treated area becomes tender or shows signs of infection such as pus, tenderness, or if you develop a fever, contact the technician who performed the treatment.
- For brown spots/hyperpigmentation treatment, apply burn cream as directed by your laser technician.
- Avoid using hot water on the treated area for 24 hours following treatment.
- Avoid swimming, sports, and strenuous exercise for 36 to 48 hours following treatment.
- Do not shave the area if crusting or blistering occurs.
- Do not use hot water on treated areas immediately following treatments.
- It is recommended to moisturize and hydrate the skin by applying a lenitive product.
- Keep the treated area clean.
- Discomfort, such as swelling or redness, can be relieved by applying a non-cortisone anti-inflammatory cream, preferably with a zinc oxide base, without massaging, or by applying ice. Reapply several times a day for the next few days.
- It is best not to use make-up for 3 days on the treated area. If make-up is a must, you should apply and remove it very delicately. Excessive rubbing can cause trauma to the site and may increase the chance of scarring or hyperpigmentation.
- Treated hair will exfoliate or push out in approximately 2 to 3 weeks (sometimes sooner) and may appear darker and thicker before falling out.
- DO NOT shave for a minimum of 3 days post-treatment.
- DO NOT occlude the underarm with deodorant for 3 days. Use a light powder instead.
- When showering, always gently rinse with cool or tepid water and gently pat the area dry. DO NOT rub.
- Apply a high-protection sunscreen to the area for 4 to 6 weeks after treatment. Avoid exposure to direct sunlight or sunlamp.
- To achieve the desired results, it is recommended to complete the specified number of treatments recommended by your certified laser technician. Even when it appears you have achieved the results, skipping treatments will result in a less than adequate outcome, and long-term results will be sacrificed.
- To reduce your risk of complications, it is important to follow both PRE and POST treatment instructions. If you have any questions or concerns, please contact your laser technician.

HAIR REMOVAL SESSIONS SCHEDULING:

For hair removal, 6 to 8 sessions are typically necessary at varying intervals depending on the area to be treated and the number of sessions already performed. The intervals between the sessions should not be too short to allow as much hair as possible to change from the rest to the anagen phase (or active growth phase). Laser hair removal works by targeting the pigment in the hair follicles that are in the anagen phase. Once treated, those hair follicles will shed their hair and shouldn't regrow in the future resulting in permanent hair reduction. Your skin care professional will discuss your hair removal session scheduling; however, an overview of session intervals per body area is outlined below.

SESSION INTERVAL GENERAL INDICATION FOR DIFFERENT BODY AREAS:

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|-----------------------|--------------------------------|
| • Face—2 to 4 weeks | • Legs—8 to 10 weeks |
| • Arms—4 to 6 weeks | • Axilla (armpit)—4 to 6 weeks |
| • Bikini—4 to 6 weeks | • Back—8 to 10 weeks |

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