

# BEAUTILASE

34 Target Road, Glenfield, 09 442 2603 or 021 169 4975 [smita@beutilase.co.nz](mailto:smita@beutilase.co.nz)

## LASER HAIR REMOVAL - PRE AND POST CARE INSTRUCTION

### WHAT TO DO BEFORE YOUR TREATMENT

- It is imperative that you **avoid sun exposure and tanning beds for at least 4 weeks prior** to your treatment. This is a must and **no exceptions** will be made.
- **Tanning creams (self-tanner)** should be **avoided** for at least **2 weeks**.
- **Inform the Beauty Therapist if you have taken Accutane (oral acne medication) in the past year.**
- **Do not tweeze, wax or epilate the area being treated for approximately 6 weeks prior** to treatment.
- **The night before treatment thoroughly shave all areas to be treated; skin must be clean and free of all hair.**
- You may also use a topical numbing cream (EMLA or Maxiline) on the treatment area. Apply 1 hour before your treatment then cover with plastic wrap. Leave on until treatment is about to begin. If you have not had laser hair removal before it is preferred that you have your first treatment without numbing cream so that your skin response can be assessed.

### THE DAY OF YOUR APPOINTMENT

- **If possible, arrive without creams or make-up on the treatment area.** Otherwise please arrive on time to your appointment in order to clean the skin.
- Allow 20 minutes to 1 hour for your appointment depending on the size of the treatment area.
- Prior to treatment, you will be given eye shields to wear to protect your eyes.

### WHAT TO DO AFTER YOUR TREATMENT

- Shortly after treatment, the treated areas may appear as swollen red bumps. Cold compresses will be provided; you may continue to apply these compresses for your comfort over the next 24 hours. We recommend 5-10 minute applications. Treated areas may stay red for several days though swelling will dissipate within a few hours.
- Treated hairs will appear as small black dots, stubble or as if still growing. You will naturally expel these treated hairs over the next 10 – 14 days.
- **Avoid irritating the treated area with aggressive exfoliation, such as with a bath puff or scrub. Do not pick at or pluck/tweeze these residual hairs.** You may shave these hairs.
- **Treated areas should either be kept out of direct sun light, or sun protection is imperative after any skin laser treatment. A broad spectrum UVA/UVB sunscreen (SPF 30 or greater) should be worn on treated areas each day for 4-6 weeks post treatment.**

### WHAT TO EXPECT

- **Between treatments** you may continue to **remove hair by shaving only.**
- **An average of between 8 – 12 treatments is recommended** to obtain maximum results. The number of actual treatments required will vary per the unique characteristics of the individual being treated. Cosmetic medicine and skin therapies are not exact sciences and the results of treatments cannot be guaranteed.
- **Treatments are scheduled 6-8 weeks apart,** depending on the body part being treated.

- **Avoid harsh topical products such as retinols and glycolic acid** products for **one week after**. Blistering and crusting are rare; however, if these do occur a thin layer of over-the-counter antibiotic ointment such as Polysporin® can be applied 2-3 times a day for 3 days. Please call us if you experience either of these.

Please call on 09 442 2603 or 021 169 4975 or via email on [smita@beutilase.co.nz](mailto:smita@beutilase.co.nz) if you have any queries.

**Thank you**  
**Smita 😊**