



TIPS FOR PREPARING FOR YOUR LASER HAIR REMOVAL TREATMENT

LASER HAIR REMOVAL SESSION PREP

- *Stay out of the sun*
A tan increases the risk of skin lightening and other side effects. If you have a tan, either from sun exposure or sunless tanning products, wait until the tan fades completely before scheduling your first laser hair removal session. Six weeks of sun avoidance is what may doctors recommend.
- *Avoid plucking, waxing, and electrolysis*
These hair removal methods can disturb the hair follicle and interfere with laser hair removal. Shaving is okay, however, because it preserves the hair shaft and follicle. On the day of your treatment, you will want to shave with a clean, new razor. Our office is not responsible for shaving areas. By shaving, the lasers will be able to reach the follicles. Using a clean, new razor ensures that no bacteria that could cause contact dermatitis lingers after your laser treatment.
- *Check your skincare regimen*
If you are using certain anti-aging products on your skin, your hair removal specialist might ask you to stop for a few days before and after your appointment. Some ingredients that might cause irritation include alpha hydroxy acid, salicylic acid, benzoyl peroxide, and others. If you are advised to stop using these products, be sure to do so!

- *Cleanse your skin*
On the day of your laser hair removal session, make sure to cleanse the skin at the treatment site and leave it free of cosmetics, lotions, and creams. If you've applied deodorant, it will be removed prior to treatment.
- *Wear appropriate clothing*
Be sure to wear clothing that will leave the treated area exposed or is loose fitting. The treated area may have a soothing topical cream applied that you don't want to get on clothing. Tight or abrasive clothing will feel uncomfortable if your skin is sensitive after treatment.

THE LASER HAIR REMOVAL SESSION EXPERIENCE

The length of a laser hair removal procedure depends on the size of the area treated. A session can last anywhere from a few minutes to several hours. Before the actual laser hair removal session, you'll be given protective eye gear. Once the session begins, you'll feel a stinging and cooling sensation, indicating that the laser has been activated. The actual session involves a series of laser pulses that results in a prickling and burning sensation. But don't worry. The pain isn't too bad. In fact, it's similar to that of a rubber band snapped against your skin. After the laser hair removal session is over, you may experience temporary swelling and redness. Most clients can resume their normal activities. It's important, however, that you avoid direct sun exposure. You should also wear sun block with a high SPF for several weeks afterwards. We recommend our everyday Sheer Physical SPF 50.

If you have any questions, please don't hesitate to call us at 408-865-1777 or email us at admin@drsage.net.