



## LASER HAIR REMOVAL INSTRUCTIONS

### This is what your treatment will involve:

- You will have an initial consultation with Dr. Welden to review your medical history and confirm there are no contraindications for laser hair removal.
- The treatment will be carried out by one of our qualified laser nurses.
- Treatment duration will vary from 5 to 20 minutes, depending on the area being treated.
- After ensuring a close shave of the hair, a thin layer of ultrasound gel will be applied.
- The treatment may cause slight discomfort, indicating that the laser is targeting the hair follicle.
- Following the treatment, healing cream will be applied.
- Treatments are done at one-month intervals
- 6 treatments will typically be enough to get you 80–90% reduction in hair. More treatments may be necessary to achieve your goals.

### Prior to Treatment:

- Do not wax or tweeze 3 weeks prior to your treatment
- Inform us of all medications that you are taking
- Avoid sun exposure and tanning beds
- Shave the treatment area closely on the day before or day of treatment

### Aftercare Instructions:

- **Avoid Heat:** Refrain from hot showers, baths, saunas, and steam rooms, as heat can irritate the skin.
- **Avoid Irritants:** Skip harsh skincare products, exfoliants, and scented lotions.
- **Avoid Sweat:** Refrain from activities that cause excessive sweating, such as intense exercise, for the first 24–48 hours.
- **Gentle Washing:** Wash the treated area gently with lukewarm water and a mild cleanser.
- **Sun Protection:** Avoid direct sun exposure to the treated area, and apply sunscreen (SPF 30+) daily, as laser hair removal cannot be performed on tan skin.
- **Moisturize:** Continue to moisturize the treated area regularly with a gentle, fragrance-free moisturizer.

□ Use hydrocortisone 1% cream twice daily for the 2 days prior to next treatment and for 2 days after each treatment (For darker skin types)

Let your friends and family know about your laser hair removal experience. If you refer a patient who undergoes treatment, you will receive a **\$40 credit** to your account for use on any future service. Also, if you post your experience on Instagram, you will also receive a **\$30 credit** towards any future service!