



Intense Pulsed Light Services

## Hair Removal/IPL Treatment Aftercare

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**Aftercare instructions must be followed in their entirety to prevent any adverse reactions. Please text or call if you are unsure of your Aftercare instructions. Keep this form with you throughout the duration of your treatments.**

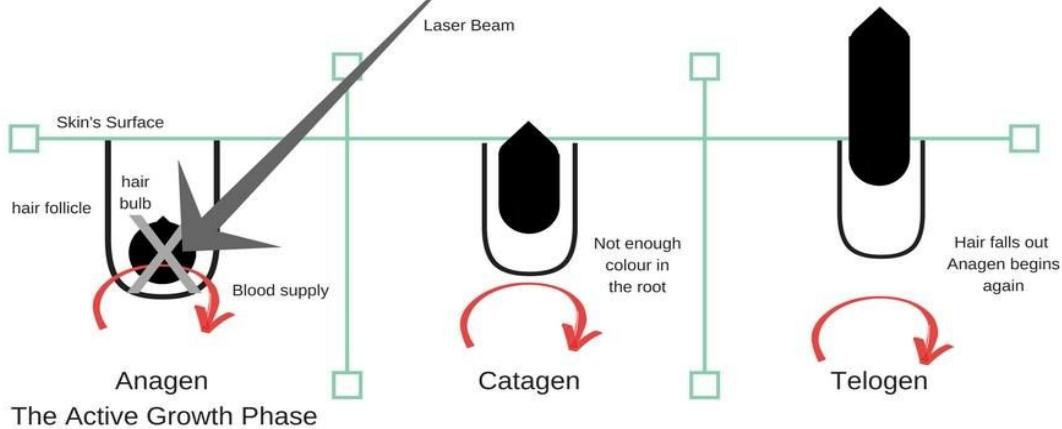
### Aftercare Instructions:

- For Laser Hair Removal: 2 days after treatment, begin to exfoliate and moisturize 1/day for 2 weeks to encourage fall out of the hair in the treatment area. Hair will appear to grow, then fall out 1-2 weeks post treatment. To exfoliate the area, use your usual soap and a soft cloth or loofah, follow up with a natural moisturizer like shea butter to keep skin soft for when the hair returns (1 month) to decrease ingrown hairs.
- Keep the area cool for 24-48 hrs after each treatment. Wear loose clothing. **Do not do any activity that raises your body temperature.** Overheating the area can lead to the development of a burn or blister. Keeping the area cool will help avoid complications and allow time for the skin to heal properly. Examples include, but are not limited to strenuous activity causing perspiration, like exercising, sexual activity, use of saunas or steam rooms, taking hot baths, wearing restrictive clothing, etc.
- If a blister occurs, do not pop the blister, use an antibiotic ointment like polysporin. If you experience fever with a blister, please see a doctor immediately to prevent infection.
- If tingling lasts more than an hour, apply a cold compress to the treated area. You can also use Hydrocortisone cream if needed to reduce redness and irritation. Be sure to read the label for allowed areas of application, talk to a doctor if you are unsure of proper use.
- **Do Not** pick, or pinch the skin in the treatment area.
- Your skin is abnormally sensitive to UV rays for 6-8 weeks. You can get a bad sunburn if you do not protect your skin. Keep covered, avoid the sun as much as possible. Apply Broad Spectrum Sunscreen, SPF 30 or higher to any exposed treatment areas, reapply often if prolonged sun exposure is expected.
- **Do Not** tan, or use self-tanners. These create colour on the skin's surface. Lasers target colour and create heat. Tanning increases your risk of a burn from a laser/IPL treatment.
- Treatments cannot be done on tanned skin. We reserve the right to refuse treatment if we believe your skin is tanned, or has self tanner. Your appointment will be processed as usual if you arrive tanned. It is your responsibility to reschedule 48 hours ahead of your appointment, if you are tanned in the treatment area.
- **Do Not** pull the hair out from the root, or interfere with the root growth (wax, sugar, tweeze, depilatories, chemical hair removers like Nair, threading) Doing this reduces the target and efficacy of your treatments.
- **Do** shave, trim or bleach any hair regrowth in the treated area as often as you like. Shave the area the night before or same day in preparation of your next treatment.
- **Do Not** apply products containing Retinol A, Vit. A or C, AHA, BHA, glycolic/cosmetic acids, or other anti-aging products in the treatment area. These products thin the skin and can increase your risk of a burn from lasers/IPL machines. (ex: some acne washes and in-grown hair products may have these ingredients)
- For Photofacials: gently exfoliating will help slough away any pigmented skin, appearing as coffee grounds that raise up 1-2 days after treatment. Do not pick or pull any of these pigmented spots, let them come away on their own, or you may cause pigmented scarring.
- Call or text if you have any concerns **(519) 697-9129**

Notify us if any changes occur between appointments. Ex: sun exposure, pregnancy, diabetes, seizures, medications causing photosensitivity (found in some antibiotics), begin taking accutane, etc.



## Body Hair Growth Cycle (6-8 weeks)



- ❖ Lasers target colour and create a heat conversion. More colour = more heat. They cannot differentiate between colours. Therefore, do not tan/use tanning lotions. We want to target the hair, not your skin.
- ❖ The amount of colour in the bulb during the active growth phase creates enough heat to destroy the follicle.
- ❖ Only 12-15% of hair is in the active growth phase during the 6-8 week hair growth cycle.
- ❖ You can expect to have a minimum average of 6 sessions, booked 6-8 weeks apart to clear an area of unwanted hair growth. We can target what is there, as long as it has colour.

### Before You Arrive:

- Deodorant is allowed
- Shave the night before or, the same day of your appointment
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