

YOUR COMPLIANCE PRE-HAIR REDUCTION TREATMENT

1. Discontinue Accutane or any oral acne medication six (6) months prior to treatment.
2. Discontinue use of Retinoic Acid products two (2) weeks prior to treatment if treatment is performed on the face.
3. Avoid sun exposure or the use of tanning beds and self tanners for at least four (4) weeks prior and/or between IPL/Laser treatments if skin type I-II-III and at least eight (8) weeks if skin type IV-V.
4. Report all skin diseases, viruses, infections, cold sores, eczema, allergies, rashes or if skin is red, irritated or sunburned, the IPL/Laser **treatment must be rescheduled.**
5. Do not exfoliate skin with glycolic acid, AHAs, BHAs or products containing alcohol, benzyl peroxide, vitamin C or A, scrubs or any other skin irritants for one (1) week prior to treatment.
6. Avoid microdermabrasion or peels for two (2) week prior to IPL/Laser, if treatment is performed on the face.
7. Report all medications (prescription or herbal) taken within the week of the treatment.
8. Do not depilate treatment area with wax, sugaring, threading, plucking or hair removal creams on the treatment area for four (4) to six (6) weeks (depending on your hair growth speed) prior to first treatment and then in between treatments. Only shaving is permitted. Discontinue using bleaching creams for two (2) weeks prior to treatment.
9. If possible, start to shave the treatment area three (3) days before treatment and then the day of the treatment.
10. Do not use sun blocking creams within 12 hours of scheduled treatment.
11. No swimming in strongly chlorinated water immediately before IPL/Laser treatment.

YOUR COMPLIANCE POST-HAIR REDUCTION TREATMENT

1. After treatment, a mild sunburn sensation may be experienced. A "cold pack" may be placed over the area to reduce redness or any swelling for the first 2-3 days. Discomfort is usually minimal but Tylenol can be taken for discomfort and swelling if required.
2. Avoid direct sunlight, tanning beds or self tanners for at least two (2) weeks after the treatment - absolutely NO SUN TANNING during the treatment process. Apply sun protective lotion of SPF 20+ 15 minutes prior to any sun exposure and 15 minutes afterwards. Keep reapplying as needed throughout the day. Consider using protective cotton gloves for driving and a hat to protect facial areas.
3. If there are scabs or blisters, make-up should not be used for three (3) to four (4) days as it may make the condition worse. You can use an antibiotic ointment on the affected area to speed up healing.
4. Be gentle with your skin for at least one (1) week post hair reduction treatment and do not use harsh topical products with glycolic acid, AHAs, BHAs or products containing alcohol, benzyl peroxide, vitamin C or A, scrubs or any other skin irritants.
5. Avoid touching, rubbing, peeling or picking of the skin as this may cause hyperpigmentation or scarring.
6. Wash the treatment area with a mild cleanser and gently apply pure Aloe Vera gel and SPF 20+. If required, apply antibiotic ointment to the treated area twice daily until skin is healed and dry.
7. For one (1) week post treatment, avoid chlorine, hot baths, hot showers, hot tubs, saunas, steam facials as heat and chlorine will irritate treated skin. Use tepid water. Pat skin dry after washing and showering.
8. Avoid strenuous exercise for three (3) days following clinical treatment.

HOT AND HUMID WEATHER CONDITIONS CAN AGGRAVATE SKIN IN THE PERIOD IMMEDIATELY BEFORE AND AFTER TREATMENT.

Failure to comply with these instructions may result in adverse skin reaction after Hair Reduction IPL/Laser treatment. Possible side effects resulting from lack of compliance are as follows: hyperpigmentation, hypo-pigmentation, skin burning or scarring.

If you have any questions or concerns please do not hesitate to contact us at 289.775.5639.