



## **Laser Hair Removal**

Laser hair removal technology delivers energy to the treatment area—where the wavelength targets the darker pigment in our skin—specifically the melanin in the hair follicle. Since the hair follicle goes through a number of growth stages, laser hair removal requires around 5-6 treatments to give you permanent reduction of fifty to ninety percent.

### **Before Treatment**

1. 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.
2. Tanning creams (self-tanner) should be avoided for at least 2 weeks.
3. Inform the provider if have taken Accutane (oral acne medication) in the past year.
4. Do not tweeze, wax or epilate the area being treated for approximately 6 weeks prior to treatment.
5. The night before treatment thoroughly shave all areas to be treated; skin must be clean and free of all hair.
6. You may also use a topical numbing cream on the treatment area. Apply 1 hour before your treatment. 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 Treatment**

1. If possible, arrive without creams or make-up on the treatment area. Otherwise please arrive 10 minutes prior to your appointment in order to clean the skin. Cleansing products are available for your convenience.
2. Allow 20 minutes to 1 hour for your appointment depending on the size of the treatment area.
3. Just prior to treatment, you will be given eye shields to wear to protect your eyes.

### **Post Treatment Care**

1. 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.
2. 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.



3. 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.
4. Treated areas should either be kept out of direct sunlight, 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. Please ask one of our trained staff for assistance with choosing a sunscreen recommended for your skin type.

#### **After Treatment**

1. Between treatments you may continue to remove hair by shaving only.
2. Average number of treatments is 4-6 treatments when the treatment schedule is adhered to.
3. Treatments are scheduled 6-10 weeks apart, depending on the body part being treated.
4. Avoid harsh topical products such as retinol and glycolic acid products for one week after.
5. Call your provider directly at the OVME studio if you have any questions or concerns.