



## **LASER HAIR REMOVAL**

*Dream Spa Medical* is proud to offer permanent hair removal services for men and women of all skin types and tones. Our Cutera Laser uses a longer wavelength, which minimizes the adverse epidermal reactions commonly seen with other lasers. There is also an innovative water cooled hand piece for increased comfort. These combined technologies make this one of the fastest, safest and most effective laser hair removal treatments.

The therapy is heat based, with a mild pinching or snapping sensation. There is absolutely no down-time post procedure. A series of 6-8 treatment is recommended, depending on the location and growth pattern. Appointments should be spaced 4-6 weeks apart for the face, 6-8 weeks apart for the upper body, and 8-12 weeks apart for the lower body.

### **PRE-TREATMENT**

- Do not pluck, wax or bleach hair *1 month* prior to your appointment.
- Do not use self-tanners for *2 weeks* prior to your appointment.
- Avoid active ingredients, such as acids, astringents, retinols, and topical prescriptions for *2 weeks* prior to your appointment.
- Please arrive clean:* no makeup, perfume, lotion or deodorant on the treatment area.
- Please inform us of any medications:* antibiotics, anticoagulants & Accutane may affect the result of your treatment.
- Please use sunscreen:* burned skin cannot be treated.
- Please shave 2 days prior to your appointment.*

### **POST-TREATMENT**

- Mild redness and swelling can be expected.
- Advil or Motrin can be used for discomfort.
- Hydrocortisone or an antihistamine can be used for skin sensitivity.
- Avoid the sun and use sunscreen daily to avoid hype/hypo pigmentation.
- Avoid active ingredients, such as acids, astringents, retinols, and topical prescriptions for *2 days*.
- Avoid perfume, lotion and deodorant on the treated area for *24 hours*.
- Avoid extreme heat, such as exercise, hot tubs, saunas & spa treatments for *24 hours*.
- Avoid picking or scratching the treated area. If a blister or crusting develops, treat with basic wound care.
- Avoid tight, constricting clothes to allow the skin to cool and heal properly.

### **PLEASE NOTE**

Treated hair may take *10-21 days* to begin shedding. It may appear as if there is new growth. The treated area may be gently buffed with a wash cloth or loofah to coax the hair out of the follicle. Do not wax or pluck between treatments. If you have any questions about these instructions, please contact *Dream Spa Medical*.