



LASER HAIR
REMOVAL AFTERCARE

JDN

MICROPIGMENTATION



LASER HAIR REMOVAL AFTERCARE

Do not pluck or wax any hairs from the area that was treated. This can disrupt the treatment process and stimulate the hair follicle leading to potential regrowth.

- Avoid extremely hot baths, showers or steam rooms for at least 48 hours post treatment.
- Avoid using perfume or perfumed body lotions, shower gels and soaps near the area for 48 hours post treatment.
- Avoid the use of deodorant for at least three days post treatment to avoid irritation of the skin. If you must use deodorant, a mild roll-on is preferable as this will cause less irritation to the skin than aerosol.
- Avoid direct sun exposure for at least 2 - 4 weeks post treatment. If it is unavoidable, sunscreen with an SPF 25 or greater must be used.
- Tanned skin can be unsuitable for laser hair removal treatments. Avoid tanning your skin between treatments.
- Avoid excessive exercise for up to 48 hours post treatment. This will minimise any irritation.
- Apply vitamin E cream or oil to any areas of pigmentation or discolouration. This will help soothe the skin.
- Mineral make-up may be used on any facial areas treated with laser hair removal to avoid any irritation. Other cosmetics should be avoided until the skin has had time to heal.
- Approximately 1-2 weeks after your appointment you should exfoliate the skin.

Itching is a rare side-effect of laser hair removal however, if this occurs it's important not to scratch the affected area as this can break the skin, causing a scab which could lead to scarring.

Always arrive at your next appointment with the area, shaved 24 hours prior to laser treatment. Don't apply fake tan or deodorant or perfume on the area to be treated prior to your appointment. Keep your appointments 4 to 6 weeks apart for optimum results. When you are satisfied with your results and do not require any more treatment, yearly maintenance appointments may be required.

Remember laser hair removal cannot guarantee 100% removal of all hair from the area being treated. Several treatments may be necessary before results become apparent. We recommend 6 to 10 treatments per area. Not all hair and skin colours can be treated using laser. Individual results vary.

At any point if you are unsure of how your treatment is healing, do not hesitate to contact us. If you suspect infection, or if you have any concerns, we ask you to contact Thornbridge Clinic ASAP with a view to seeking medical advice.



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