

Precare Guidelines and Instructions for IPL Laser Hair Reduction

POTENTIAL SIDE EFFECTS

- The best way to minimize the risk of side effects is to avoid UV exposure for 7 days pre- and post- treatment. Clients will NOT be treated if they exhibit sun exposure. We reserve the right to refuse service.
- Provide your technician with an accurate and up to date medical history in order to receive safe and effective treatments.
- Side effects are uncommon but may include; Hyperpigmentation/"Coffee Grounding" (darkening of skin), Hypopigmentation (loss of skin pigmentation), mild to moderate burns or blisters, permanent skin discoloration, temporary redness, follicular edema (little pink/red "puffiness and small bumps like "goose bumps"), swelling and itching in the treated area, hives, rashes, bruising, and lack of desired results.
- Clients who are pregnant or nursing cannot and will not be treated.
- Technicians will not treat over tattoos.
- If you have epilepsy, we are unable to provide treatment. Clients prone to anxiety, please advise your technician as this treatment can be an unpleasant experience to some.
- **Be Advised, Children will not be allowed in the Treatment Area under ANY Circumstances. Please make arrangements for your children to be cared for at home while you are coming to treatments**

PRE-TREATMENT CARE

- The area to be treated must be clean-shaven. Unshaven clients will be rescheduled.
- Avoid UV exposure 7 days prior to your treatment.
- Clients who are sunburned or tanned must wait 2 weeks before being treated to avoid additional skin damage.
- Avoid sunless tanning products 7 days prior to your treatment. It is recommended that you exfoliate the area to remove any residual color.
- Clients should come to appointments with clean skin in the area to be treated. All clients who are treating any part of their face or neck will have

their entire face cleansed in the clinic.

- Avoid chemical peels, Retinols, and other laser procedures in the area to be treated for 2 weeks prior and two weeks after your laser treatment.
- Avoid all alpha hydroxy and beta hydroxyl products (AHA/BHA), hydroquinone, retinols/retinoid, Tazorac, and Differin for 14- days before treatment. This also includes Prescribed Retinols.
- Clients with any abnormal lesions, moles or spots on the area to be treated must furnish a doctor's clearance to our Technician. .
- Clients who are treating for hair reduction must stop waxing, tweezing and chemical epilation 3 weeks prior to treatment.
- If you are prone to cold sores, it is highly recommended to take an anti-viral medication (such as Valtrex) prior to your treatment. Clients with active cold sores will not be treated.
- Clients who have used Accutane or similar products within the last 6 months CANNOT have laser hair removal treatments.
- Client should not perform any physical activity that increases body temperature or blood pressure within 2 hours before and after treatments. This also includes Bikram Yoga and Saunas.
- If you have Botox or Dermal Fillers including PRP or Threading of the area to be treated, you must wait 14 days both before and after injection to receive treatments.
- Antibiotics may increase photosensitivity. We recommend that you check with your personal physician prior to receiving laser treatments if you are taking a long-term antibiotic. If you become ill and begin taking an antibiotic, you will need to be off the medication for 7 days before laser treatment.
- Boots or compression/work out pants should not be worn immediately after leg treatments

WHAT TO EXPECT FROM YOUR TREATMENT

- IPL/Laseris not effective on red, white, grey, and blonde hair colors. This

also includes highlighted/chemically processed hair.

- During your treatment you can expect slight discomfort, similar to a rubber-band snap on your skin. We do not offer nor suggest numbing cream as it may interrupt your results.
- You may experience slight redness, bumps, and swelling in the treated area for up to 72 hours. If these conditions persist, topical creams such as AquaPhor Gel (highest recommended), calamine or hydrocortisone may be applied. Do not use A and D Ointment or Neo-Sporin.
- Allow a minimum of 7 to 14 days post treatment for hair to “fall out” or shed from the skin.
- On average, clients experience up to 20% reduction after each treatment.
- For best results, allow your technician(s) to customize your treatment schedule based on your needs.