

### **Laser hair removal**

A laser is a light with a thermal energy that targets the dark color in the hair follicle, gradually weakening it and impeding its growth.

To reach the desired result, the duration of treatment usually ranges between 6 to 10 sessions, depending on the response of the body from one person to another. An exception is for people who suffer from hormonal disorders; they need more sessions.

Usually the time between sessions is from 30-45 days, and this interval period increases as the sessions progress. There is no internal damage to the body, such as cancer, gland problems or others, because the laser to remove hair is not ionized and is not absorbed by the body.

#### **Important instructions:**

- It is preferable not to use any means of hair removal during the treatment period (except for shaving the area one or two days before the session)
- It is preferable not to use the laser after tan / bronzage until the natural skin color comes back
- Exposure to the sun must be minimized after sessions, and a sunscreen must be used regularly for the visible areas of the body
- It is best not to swim for a week after the session, because chlorine in the ponds increases the sensitivity of the skin
- It is best not to do laser sessions for pregnant women (unless for the face & only if it is necessary)
- Laser is prohibited for those who have been burned until one month after full recovery
- Laser is not advised in the event of dry skin (as happens during treatment with acne)
- Laser is not allowed for people who suffer from heat, rashes or infections in the area to be treated with laser until after improvement.
- Please remove any creams from the area of excess hair on the face or body because failure to do so may expose you to superficial burns where the cream is present (it is best to wash face and shower before attending the session)

#### **Things to expect after laser hair removal sessions:**

- Redness, mild rash, or superficial skin rashes. This usually ends within hours, but may last for several days (up to a week). It is then advised to inform the specialist to advise you of the necessary creams.
- Mild superficial burns may occur after the laser session, especially for dark skin or some areas of the dark body or recently tanned areas. It is preferable then to inform the specialist and use mebo ointment or tea tree oil cream (or similar) after completing the session until recovery.
- Rarely, hyper or hypo pigmentation may occur. Please let the specialist know so you can be given the appropriate treatment.

I, the undersigned, acknowledge that I have read and understand the above information

Signature

Date

Specialist signature: