

Guidelines for laser hair removal

Before the procedure:

4 weeks before and during the procedure – avoid solarium and sunbathing. When exposed to intense sunlight, use a sunscreen with a high protection factor (SPF 30). Do not pluck or bleach the hair. Shaving is allowed.

1 week before – stop using any medications containing glycolic acid and tretinoin.

72 hours before – avoid using any medications which may cause sensitivity to light.

24 hours before – shave the area undergoing laser treatment. If the hair is very sparse, shave immediately before the procedure.

After the procedure:

- ▶ Apply a cold compress on the laser-treated area for 15 minutes every 1–2 hours.
- ▶ Redness, swelling and a feeling of sunburn may occur in sensitive areas of the body, but will fade away in a few hours up to 3 days.
- ▶ We will provide you with sensitive skin soap for washing the laser-treated area. Avoid rubbing the skin and using hot water.
- ▶ Keep moisturising the area with the cream provided by us.
- ▶ Avoid sunbathing for 4 weeks after the procedure.