



If you have any queries please contact Bianco Beauty, our details are below.



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Laser Hair Removal

Pre care and after care instructions

Taking care of the skin that is going to be treated is incredibly important for your safety and comfort, as well as to ensure the treatment is as effective as possible.

It is imperative that you understand how to care for your skin before and after laser hair removal treatment, and follow all instructions given on this leaflet and by your practitioner, including what to avoid, what to do and what to look out for!

PRE CARE

PRIOR TO ARRIVING FOR YOUR TREATMENT SESSION:

- Avoid exercise on the day of treatment.
- Avoid applying any products on areas of treatment, keep the areas dry and clean prior to treatment.
- Avoid exposing the skin to UV light (sunlight or sunbeds) or applying any self-tanning products for 8 weeks prior to treatment. For areas that are exposed to the sun daily, use SPF50 sunscreen.
- Ensure the area to be treated has been shaved within the last 12 hours.
- Do not have laser hair removal on or close to a tattoo or semi- permanent make-up EVER (this can destroy the tattoo and/or semi-permanent make-up and cause significant skin damage).

AFTER CARE

- Avoid exposing the skin to UV light (sunlight or sunbeds) or self-tan during the treatment. This is to minimise darkening of the skin (hyperpigmentation).
- Avoid heat treatments such as spas, steam rooms and saunas for 48 hours after treatment.
- Avoid shaving the treated area for 72 hours after treatment.
- Avoid exercising for at least 48 hours after treatment.
- Avoid hot baths and hot showers for 24 hours after treatment (cool showers or baths are fine).
- Avoid anything that involves chlorine (e.g. swimming) for 48 hours after treatment.
- Avoid make up on the treated area for at least 24 hours after treatment.
- Avoid the application of perfumed products or bleaching creams for 48 hours after treatment.
- Avoid scratching the treatment area if blistering or crusting occurs as this can cause scarring.
- Avoid waxing, tweezing and threading for the complete duration of the treatment course.
- Avoid any facial treatments for at least 4 weeks after the treatment session on face.
- Beware of steam from ovens and hot car journeys.

AFTER YOUR TREATMENT AND BETWEEN SESSIONS

- Do apply an ice-pack on the treated area to reduce pain, discomfort or irritation, if required.
- Do apply aloe vera gel or calming creams for 3 days after treatment, if required.
- Do wear loose clothes to avoid friction on the treated area for 48 hours after treatment.
- Do drink plenty of water.
- Do use at least SPF50 sunscreen for at least 2 weeks after treatment.
- Exfoliate areas between sessions to assist the shredding process but not before 5 days after treatment.
- Do not pluck, wax or thread between treatments.

Although very rare there may be possible adverse reactions immediately after your treatment such as:

- Excessive pain.
- Excessive persistent erythema (redness of the skin caused by increased blood flow).
- Oedema (swelling caused by fluid retention).
- Blistering (raised portion of the skin that is filled with fluid).
- Bruising or marking of the skin in the shape of the handpiece.
- Grey/ash colour forming or the skin appears puckered.

There may be further adverse reactions between 4 and 12 hours after treatment such as:

- Certain sensitive areas may cause swelling (oedema).
- The treated skin will be sensitive and fragile.
- There may be a small risk of scarring. Hyper/hypopigmentation and loss of some of the skin surface (epidermal erosion) may occur; however, the risk is minimized if sunscreen (SPF 50 or greater) is used.
- Prolonged itching may occur but keep the area cool and apply aloe vera gel or calming creams.

In order for treatment to be successful and effective with minimal potential adverse effects as possible you must follow the aftercare routine as indicated on this leaflet and discussed with your practitioner. If you have any concerns, please contact the clinic on info@biancobeauty.co.uk.