

# CLINIC LASER

INTENSE PULSED LIGHT THERAPY

## Pre Treatment Care for Hair Removal

It is important that you avoid the following within a 30 day period prior to your treatment:

- Do NOT sunbathe
- Do NOT use sun beds
- Avoid self tanning products
- Do NOT have electrolysis
- Do NOT wax
- Do NOT use tweezers or thread
- Do NOT bleach
- Do NOT use depilatory creams
- DO shave as close to treatment time as possible, leaving a small patch with approximately 2mm or 2 days of hair growth for visual assessment.
- All treatments require a full initial consultation and patch test prior to your appointment

## Post Treatment Care for Hair Removal

We would advise you to do the following for the next 30 days after your treatment:

- Avoid sun exposure or sun beds
- Wear SPF 30 or higher when outside

Please avoid the following for the next 24-48 hours after your treatment:

- No perfumed products or make-up
- No excessive heat e.g. saunas, steam rooms or hot baths
- No swimming or Gym
- No touching/scratching the area

Please note: Aloe Vera gel must be applied for the next 48 hours after treatment. You may shave or exfoliate the area 4 days after treatment to encourage the hairs to shed.