



Illuminate Me

RECOMMENDED PRE & POST CARE FOR HAIR REDUCTION TREATMENTS

For best results please follow these instructions.

BEFORE YOUR TREATMENT:

- Hair should be cleanly shaven.
- Leave a representative sample unshaven for clinician to assess.
- Do not wear makeup on the treated area the day of treatment No sun-tanning or self-tanners 4 weeks prior to treatment.
- Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician.
- No waxing, plucking or tweezing at least 4 weeks prior to treatment.
- Some body parts may require a longer wait time.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (depilatories, harsh chemicals, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment.

AFTER YOUR TREATMENT:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen.
- Redness and perifollicular edema (looks like a rash/bug bites) are common and resolve with time.
- Bruising and swelling are less common but may occur and will resolve with time.
- Use post care Gel twice daily on areas for up to one week. Hair may take up to 2 weeks to fall out.
- Avoid heat – hot tubs, saunas, etc. for 1-2 days.
- Avoid skin irritants (examples below) a few days post-treatment.
- Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Do not wax or pluck between treatments.
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Hair removal requires a series of treatments.
- The number of treatments depends on body location and type of hair.
- Consult with clinic about when to resume skin care regime.

ADDITIONAL INSTRUCTIONS:

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