

PRE & POST CARE – LASER HAIR REMOVAL WITH DIODE LASER - ENG

When undergoing laser hair removal with the Diode Laser, we will do everything we can to ensure the treatment goes as smoothly as possible. Your cooperation is essential. Please follow the pre and post care instructions carefully to achieve the best possible results.

Before the treatment:

- ✓ Starting from 2 weeks before your first treatment, avoid sun exposure, tanning beds, and self-tanning products to prevent unnecessary pigmentation changes.
- ✓ Protect your skin daily with sunscreen, using a minimum of SPF 30.
- ✓ Starting from 4 weeks before the treatment, do not bleach, wax, or remove hair with an Epilady or other forms of epilation. The hair needs to remain in the follicle. Shaving, trimming, or using hair removal cream is allowed.
- ✓ Shave, trim, or cut the treatment area 1 to 2 days before the appointment, unless otherwise advised by the practitioner.
- ✓ Ensure the treatment area is free from makeup, creams, or other cosmetic products on the day of your appointment.
- ✓ If applicable, wear white lingerie instead of dark lingerie (to avoid light absorption).
- ✓ Wear comfortable clothing to prevent friction and irritation on the treated area.
- ✓ If your skin is tanned, wait until your natural skin tone returns before undergoing treatment.

After the treatment:

- ✓ You may experience slight swelling, redness, or sensitivity, which typically subsides within a few hours to a day.
- ✓ Keep the treated area as calm as possible for the first few hours after the session. Use cold compresses to soothe any irritation or burning sensation.
- ✓ Avoid swimming, whirlpools, and saunas for the first 24 hours. You can shower, but avoid hot water.
- ✓ If your underarms were treated, avoid using deodorant for the first 24 hours.
- ✓ Drink plenty of water to help your lymphatic system flush out the destroyed hair follicles.
- ✓ Do not scratch or rub the treated area to prevent scabs, pigmentation changes, or scarring.
- ✓ You can resume your regular daily activities immediately after the treatment.
- ✓ Do not pull or pluck the hairs; they will shed naturally.
- ✓ New hair growth can be shaved or trimmed. Do not use hair removal cream until at least 2 weeks after the treatment.
- ✓ Avoid sun exposure, tanning beds, and self-tanning products throughout the course of treatment. This minimizes the risk of pigmentation changes and ensures that the treatment is carried out under consistent conditions.
- ✓ If your skin starts to itch after it has calmed down, you can carefully use a mild scrub to remove residual hairs and alleviate the itching. Never scratch!
- ✓ Inform us of any changes in medication, pregnancy, sun exposure, or the use of self-tanning products before each session.
- ✓ Avoid excessive sun exposure on the treated area. Continue to use a sunblock with a minimum of SPF 30 daily.