

CLIENT COMPLIANCE PRE-TREATMENT LASER HAIR REMOVAL

1. Discontinue Accutane 6 months prior to treatment.
2. Discontinue use of Retinoic Acid products 2 weeks prior to treatment.
3. Avoid sun exposure, or the use of tanning beds for four weeks (I-III skin types) to eight weeks (<IV) You can continue to have laser hair removal if you have a tan, but make sure to book a patch test for the appropriate weeks (based on skin type) post-tanning to find out whether it's safe after 48 hours.
4. Report all skin diseases, viruses, infections, cold sores, eczema or allergies to treating providers.
5. Do not exfoliate, use glycolic acid, benzyl peroxide or any other skin irritants one week prior to treatments.
6. Avoid Microdermabrasion's, or peels for two weeks prior to treatment.
7. If the skin is red, irritated or sunburned, the treatment must be rescheduled.
8. Avoid depilating for at least 6 weeks prior to your first treatment. Do not depilate with: waxing, sugaring, plucking, threading or hair removal creams before and/or in between treatments. Shaving is permitted and recommended.
9. Discontinue using bleaching creams for 2 weeks prior to treatment.
10. Do not use sun blocking creams within 12 hours of scheduled treatments. Consider wearing protective clothing, cotton gloves for driving, or a hat to protect facial areas.
11. Avoid swimming in strong chlorinated water immediately before your session.

CLIENT COMPLIANCE POST TREATMENT LASER HAIR REMOVAL

1. Avoid direct sunlight, tanning beds or self-tanners for at least 2-3 weeks after a treatment. Apply Sun Protective Cream of SPF 50+, 15 minutes prior to sun exposure, and 15 minutes afterwards. Keep reapplying as needed throughout the day. Consider using protective cotton gloves for driving, a hat to protect facial areas.
2. If there are scabs or blisters, make-up should not be used for 3-4 days.
3. Avoid touching, rubbing, peeling or picking of the skin in the treatment area, as this may cause hyper/hypo pigmentation, scarring or infection.
4. Gently apply pure Aloe Vera gel or antibiotic ointment to the treated area, twice daily until healed and dry.
5. A "cold pack" may be placed over the treated area to reduce swelling and/or discomfort for the first 2-3 days. Discomfort is usually minimal but pain medication can also be taken for pain and swelling if required.
6. For 1 week post treatment, avoid: hot baths, showers, hot tubs and saunas. When showering and washing, gently pat dry and do not rub.
7. Avoid strenuous exercise for 24-48 hours following clinical treatment.
8. Avoid swimming in strong chlorinated water 24 hours after the session.
9. **HOT AND HUMID WEATHER CONDITIONS CAN AGGRAVATE SKIN IN THE PERIOD IMMEDIATELY BEFORE AND AFTER TREATMENT.**

Important Note:

Regardless of following all pre- and post-treatment instructions, **skin reactions such as redness, irritation, or even burns can still occur** due to individual skin responses. It is essential to understand the **inherent risks of laser hair removal** before proceeding with any treatment. **If any unexpected or severe reactions occur, seek medical attention immediately.**

LASER HAIR REMOVAL ABSOLUTE CONTRAINDICATIONS

Laser hair removal is a safe and effective treatment when performed under proper guidance. However, it may not be suitable for everyone. Please carefully review the following contraindications.

- § Pacemaker/Defibrillator (internal/external)
- § Metal plates, or pins in the treatment area
- § Implants in the treatment area (metal, silicone, bio-alcamid or any material)
- § Skin Cancer (past/present)
- § Other Cancer types (present)
- § Precancerous lesions
- § Heart diseases/heart failure
- § Pregnancy: current & 3 months post
- § During Breast feeding
- § Topical use of Hydroquinone, acids, bleaching agents, Retin A, etc. at the treatment site during the preceding 14 days
- § Immune depressants consumption
- § Photosensitizing medications/herbs consumption
- § HIV
- § Other immunosuppressive conditions
- § White, gray, platinum, light auburn, vellus hair (HR treatments)
- § Light-induced/heat-induced diseases (Lupus, Porphyria, Epilepsy, and others)
- § Active Herpes Simplex infection
- § Skin diseases (past/present) such as: Psoriasis, Dermatitis, Vitiligo, and others, located at the treatment area
- § Active Rosacea and/or acne
- § Keloid scars
- § Fragile, dry or sensitive skin
- § Consumption of Retinoids (Roaccutane, Isotretinoin's, etc) during the previous 6 months (topical and/or oral)
- § Steroids consumption (for example: cortisone)
- § Bleedings, hemorrhages
- § Tanned skin in the last 4 weeks for skin types I-III and in the last 8 weeks for skin types >IV (sun/artificial tanning/tanning lotions)
- § Tattoo/makeup tattoo in the treated area
- § Fertility treatments

LASER HAIR REMOVAL RELATIVE CONTRAINDICATIONS

Laser hair removal is generally safe and effective, but certain conditions may require special precautions or modifications to the treatment plan. The following are considered relative contraindications, meaning treatment may still be possible with proper adjustments and medical clearance.

- § Any general non-balanced health problems
- § Non-skin Cancer (past)
- § Hormonal changes
- § Hormonal imbalance
- § Blood pressure problems
- § Coagulation problems & anticoagulants/pro-coagulants consumption
- § Liver and kidney diseases
- § Arthritis
- § Tendency to develop active Herpes Simplex infection (prophylactic can be considered with patient's physician)
- § Endocrine diseases (diabetes, polycystic ovaries for HR)
- § Menstrual cycle irregularities
- § Antibiotics consumption during the 3 previous weeks
- § Consumption of antidepressant/antipsychotic medications
- § Anemia
- § Fractures
- § Respiratory problems/diseases
- § Epilepsy
- § Connective and muscular tissues diseases
- § All types of surgical treatments performed during the 2 previous months
- § Deep/moderate chemical peel during the 3 previous months

It is recommended to wait a period of two weeks after having cosmetic injectables