



pre and post laser hair removal instructions

SKIN MEDICAL SPA 1825 UNION STREET SAN FRANCISCO CA 94123 TEL 415 409 6500 SKINMEDICALSPA.COM

There are a few very important things for you to know prior to starting the process of laser hair removal. It is very important that you read this thoroughly and adhere to these guidelines throughout your entire course of treatment.

- 1) Laser hair removal cannot be performed on tanned skin. "Tan" skin is as follows:
 - Recently sun exposed skin (within 4-6 weeks prior to treatment) resulting in a tan.
 - The use of tanning beds
 - The use of artificial self tanning products or spray tans.
 - SPF 30 or higher is required on all treated areas, throughout the entire laser process, if sun exposure is unavoidable to prevent tanned skin.

~ Our laser systems can treat any skin type as long as the previous sun exposure guidelines are strictly followed ~

- 2) Please call our office if you have had any unprotected sun exposure resulting in a tan, and we will reschedule your appointment.
- 3) Laser hair removal cannot be effectively performed if the area has been waxed, tweezed, plucked, naired or any other depilatory method has been used in the past 4 weeks.
- 4) Shaving is the only acceptable hair removal method during your process of laser hair removal.
- 5) It is very important for you to cleanly shave the area that you intend to treat prior to each appointment. For bikinis, you can leave the area that you would like to keep unshaven, and shave the rest. If the area is not shaved, it will not be treated.
- 6) Laser hair removal typically takes 6-8 sessions for a significant permanent reduction in hair. The number of treatments varies greatly based upon the individual and their hormone levels, age, hair color, and skin color. These treatments are performed as specific intervals based upon the growth rate for each area. Facial areas are treated every 2-4 weeks, smaller body areas are every 4-6 weeks, and larger areas (legs, arms, back) are every 8-10 weeks. We have found that this is adequate with our specific type of technology.
- 7) Laser hair removal does not effectively treat blonde, red, or grey hair.
- 8) Laser hair removal cannot be performed on women who are pregnant or breastfeeding.
- 9) Laser hair removal cannot be performed on an individual that has undergone Accutane treatment within the past 12 months.
- 10) Numbing cream is available for purchase for use on small body areas only. It takes approximately 45 minutes for numbing cream to effectively numb the area, so it is self-applied 45 minutes prior to arriving for your appointment. The cost for numbing cream is \$34 (*it will cover 1 small area, six times*).

After your treatment, if you notice any skin changes or discoloration that persists more than 3 days, it is very important that you contact us immediately.

We look forward to seeing you soon! Please call us at 415-409-6500 if you have any questions or concerns.

- SKIN Medical Spa
