

## PRE/POST TREATMENT CARE

### PRE-TREATMENT

Prior to your first visit, whether for laser hair removal or an aesthetic treatment, you need to **avoid direct sun exposure** for at least a week. If you have tanned, please advise us so that we can adjust the settings of the laser.

It is imperative that you **do not** tweeze, thread, wax, bleach, or use a depilatory on the area to be treated for at least 3 weeks prior to your hair removal treatment.

To receive optimum results you must **stop shaving** 3 days prior to your hair removal treatment. Click on “**TREATMENT**” on this website for a full explanation. If you are unable to reach an area, we will assist you.

On the day of your appointment, the area of treatment, whether for hair removal or aesthetics, **must be free of make-up, deodorant, moisturizer and lotion.**

### POST-TREATMENT

The LightPod Neo is a very fast laser alleviating most of the redness and/or swelling associated with other lasers. **After your treatment**, it is not necessary to moisturize the area where the hair was removed but it is a good idea. **Do not** use a moisturizer with alpha/hydroxy acids. Avoid direct sun exposure for at least 1 to 2 weeks after treatment. It is imperative that you wear sunscreen for as long as you are receiving treatments to avoid hyper pigmentation.

For those clients who have received an aesthetic treatment please follow the above instructions. In addition, if you have any redness or swelling, you may apply a cold pack to the treated area for about 20 minutes or less.

Anywhere from 5 to 30 days after your hair removal treatment, shedding of the surface hair will occur. This may appear to you as new hair growth. It is **not**, but rather the dead hair pushing its way out of the newly destroyed or damaged follicle. You can help the hair to exfoliate by washing or wiping the area with a wet washcloth or loofah sponge. Once the hairs are expelled you may experience a period of hairlessness and smoothness in the area while you await your next treatment.

If you have any questions or concerns please contact us.