



**LASER HAIR REMOVAL  
PRE AND POST INSTRUCTIONS**

The Harmony Laser Hair Removal treatment is designed for patients with unwanted DARK hair. The ideal candidate is someone with lighter skin and contrasting darker/courser hair. You can treat anywhere on the face and/or body (with a few exceptions). These are performed as a series of treatments usually a total of 6 – 10 treatments every 6 -8 weeks apart (all dependent on which areas to be treated and the quality of hairs). Ideally at each treatment there is a 15-20% REDUCTION in the quantity and quality of hairs. You and your practitioner will discuss how frequent your visits will be. Maintenance treatments may be needed in the long term, and are usually considered “touch ups”. The results of these treatments truly vary, and so it is difficult to predict the outcomes and the long-term results also.

**Pre-treatment requirements:**

Laser hair removal is most definitely a quick and easy procedure, but does require some caution in form of following the pretreatment instructions. The instructions are in place to protect your skin as much as possible by taking certain steps. Ignoring the instructions can result in side effects or a less efficient session, but by closely following them, a safe and pleasant treatment can be had every time.

There are some general guidelines in place that are the result of many years of experience. One of the most common factors is to avoid all kinds of tanning about 4 weeks before a laser treatment, including tanning agents. Tanned skin can interfere with and complicate the laser treatment. Tanned skin can sometimes also have a mild burn or irritation, and lasering over it could lead to a more severe burn. Basically don’t tan prior to a laser hair removal session.

Another very important thing to remember is to not remove any hair from the follicle prior to a laser hair removal treatment. This means no tweezing, waxing or use of depilatories such as hair removal sprays. Hair removal should stop 4 weeks prior to treatment if it is on the body, and about 2 weeks before if it’s on the face, as facial hair grows faster. If the hair is not in place, it cannot be treated. While this might seem very inconvenient to someone who removes their hair on a frequent basis, good news is that shaving is allowed. Bleaching must NOT be done as the hair needs to stay dark in order for the laser to be efficient.

The day of treatment - any type of creams, lotions and sprays must also be discontinued before a laser hair removal treatment, as they can have a negative impact. The safety and effectiveness of a laser hair removal session largely depends on your co-operation. Please follow all instructions as closely as possible in order to stay safe and efficient and make the most of every treatment.

**Pre-treatment requirements:**

After the treatment is performed the treated areas will look like it has been exposed to the sun: temporary redness (lasting 1-2 days), mild – moderate swelling (1 -3 days) and maybe some mild itching. You may or may not see the hairs fall out of the skin- it all depends on what hair growth cycle the hairs are in. This is why it is crucial to stay consistent between your treatment visits so you can get the best results.

Please use gentle skin care products to the treated areas for the first 48 hours. No medication, active, abrasive or exfoliating types of products or equipment in that time period also. After 48 hours you may resume your normal skin care regimen. Remember you are limited to shaving/trimming during the course of your treatments. If you remove the actual follicle (via waxing, plucking or depilatories) the laser becomes ineffective since it has nothing to be attracted to. If you really need to shave the freshly treated areas please wait until later that evening, but most ideally wait until the next day.

You may wear make-up immediately after the treatment.

You may exercise starting the following day. If you experience/observe any unusual symptoms do not hesitate to contact our office at any time.

Patient’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_