



PRE & POST TREATMENT INSTRUCTIONS

★ CANDELA - HAIR LASER REMOVAL

Laser hair removal is a relatively simple procedure that is performed by a licensed medical professional at Dvida Spa. It is very gentle in comparison to traditional methods of removing hair from the body.

During laser hair removal, a laser targets and heats the hair follicles, damaging the follicles and causing new hair to grow back at a much slower rate or completely eliminating new hair growth.

Laser hair removal can be done on almost any area of the body, including the legs, armpits, arms, chest, back, bikini zone, and even the chin. It works best on follicles with dark hairs, as the heat from the laser latches onto melanin pigment. Follicles that produce light-colored hairs may not respond as well to laser hairremoval. This state-of-the-art treatment is extremely effective. In fact, just after three treatments, patients saw up to 80% permanent hair reduction.





★ BENEFITS

Candela's Alexandrite and Nd:YAG lasers offer a greater ability to customize treatment than many other laser hair-removal options. The Alexandrite laser is ideal for olive skin and can treat larger areas more quickly with its larger spot size.

The Nd:YAG laser is ideal for darker skin, since it has a lower melanin absorption rate.

Laser hair removal offers numerous benefits over other hair-reduction options:

- It's less painful than waxing or electrolysis.
- It's not as time-consuming as shaving or plucking.
- It can deliver long-lasting or even permanent results.

PRE-PROCEDURE

- ★ Ensure you've had absolutely **NO** sun exposure for at least **2 weeks prior to treatment**.
- ★ The treatment area should be completely free of any selftanners/body makeup.
- ★ No waxing, tweezing, or threading of the hair within the treatment area for at least 4 weeks.
- ★ Be sure to avoid the use of any and all retinoids/exfoliants for at least a week prior to treatment.
- ★ Make sure you have shaved the hair we are treating the day prior to your appointment, as shaving the day off can increase your risk of irritation.
- ★ Arrive at your appointment with clean skin, meaning no lotion, deodorant, or other skin products on the treatment area.
- ★ **Please note:** laser services cannot be performed on those who are pregnant, breastfeeding or trying to conceive. For clients who menstruate, all Bikini and Brazilian laser services should not be performed when you are actively menstruating.

POST-PROCEDURE

- ★ Redness & Bumps are normal immediately after your treatment. They should resolve within 24 hours after treatment
- ★ No heating the skin the same day as your treatment (no working out, no saunas/steamers, no hot showers, etc.) You may work out the following day
- ★ Avoid sun exposure to reduce area clean & dry the chance of dark or light spots and scarring for at least 2 weeks.
- ★ Make sure you have shaved the hair we are treating the day prior to your appointment, as shaving the day off can increase your risk of irritation. You may shave the area as often as desired/tolerated between treatments.
- ★ The treated area should be cleansed as usual with a gentle soap. Skin should be not rubbed, scrubbed, or exfoliated during the first 48 hours post treatment.
- ★ No makeup or lotion, moisturizer, deodorant for the first 24 hours. Keep the treated area clean & dry.
- ★ No tweezing, plucking, waxing, or otherwise removing the hair follicle throughout your laser hair removal treatment process, as we want to treat as many hairs as possible while they are in the anagen phase of hair growth.

