



The Aesthetics Center at Women's Care

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Hair Removal

Pre-Treatment Preparation

- Avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- Discontinue any irritant topical agents for 2-3 days prior to treatment. (Retinoic acid or vitamin A derivatives)
- **Arrive for treatment with clean skin.** There should be no lotion, make-up, SPF, perfume, powder, or bath/shower oil present on the skin in the area to be treated.
- The hair in the area to be treated should be clearly seen by the operator. Shave area 2-3 days prior to treatment.

Treatment Protocol

- The number of required treatment sessions depends on the hair growth cycle, hair color and depth. The average number of sessions for dark and coarse hair under normal hormonal conditions varies. More sessions may be required for light and fine hair and for hormonally controlled areas like the chin. Patients should schedule another session when hair re-growth is observed.
- Usual intervals for the first **three** sessions are **4-6** weeks on the face, **8-10** weeks on the body, increasing the intervals as treatment progresses. Some areas, like legs and back, may require longer intervals of up to **15** weeks.
- Touch-up treatment sessions may be needed when there is sporadic new hair growth due to individual natural physiological processes.

Post-Treatment Care

- If needed cool the treated area immediately following treatment with cold (not frozen) packs.
- Blistered or ulcerated skin can be treated with a prescribed antibiotic ointment, aloe vera, or burn treatment cream.
- During the first two days following treatment, care should be taken to prevent trauma to the treated site: avoid hot baths, massage, etc.
- If scabs appear after blistering, they should be kept soft with a lubricating cream.
- The patient should use high factor sunscreen (at least 30 SPF) and protect the treated area from sunlight for at least one month after the treatment. Tanning after treatment may cause hyper pigmentation.