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## Treatment Plans for Laser Hair Removal

*At Kiora no effort is spared to ensure you get the best and safest possible results, however Laser Hair Removal is a medical procedure and we ask that you strictly follow the following treatment plan. An ideal Laser Hair Removal patient should have their skin as light as possible and have a short, but intact hair for our Laser to target. In order that you achieve the quickest and safest possible results from your laser hair removal course we ask you strictly follow these treatment plans.*

### Pre-treatment Plans for Laser Hair Removal

- Up to 8 weeks before treatment:
  - No waxing, plucking or electrolysis of the area to be treated. This will ensure the presence of a hair shaft that we may target with the laser. However, normal shaving is highly recommended for optimal results.
- 2 weeks before treatment plan:
  - Use of a broad-spectrum sunscreen and avoidance of intense sunlight is mandatory
  - Avoid Spray Tans, self tans or solariums
  - Do not use Retin-A for 2 weeks prior to treatment.
  - For people of skin type IV or V (asian to Indian) skin types we recommend you use hydroquinone cream once a day at night to fade the skin
- Day before treatment: pre-treatment plan:
  - We recommend you shave the area to be treated. A good close, clean shave - first with an electric razor - then closer with a bladed razor will improve your hair removal results and minimise the chance of adverse effects.
    - Shaving can be done at Kiora for a charge of \$35.00
  - For patients who suffer herpes simplex infections or shingles we ask that you see your usual medical practitioner about the possibility of prophylactic anti-virals.
- Day of Treatment: pre-treatment plans
  - The area to be treated should be clean and free of makeup

### Post Treatment Plan

- Strict sun avoidance for 2 weeks after treatment
- Use of a high quality, recommended 30+ sunscreen applied twice daily during all daylight hours
- Whilst the redness is present avoid:
  - Swimming or use of hot baths 24 hours post treatment. Showering is fine and in fact is highly recommended!
  - Shaving
  - Heavy Exercise or activities that cause excessive perspiration
- In the unusual case of crusting or swelling of the skin apply moisturiser lotion. Do not pick at these areas, as this may result in infection.
- What will happen
  - In the week following all of the hairs will fall out of the treated area. About 20-30% of your hairs are destroyed with each treatment session and the rest of the hairs will slowly grow back. With each treatment session a patients' hair will become finer and less dense. On average 90% of all patients will achieve permanent hair loss over a course of 4-8 treatment sessions.
  - The hair loss can be patchy after the first few sessions. This is normal and expected and will steadily even out over your course of treatment.

\* This plan is not a substitute for medical advice. If you have any concerns about a treatment please contact us as soon as possible.