

PRE/POST TREATMENT INSTRUCTIONS

Alma Soprano Titanium Laser Hair

Important **PRE-TREATMENT** Information:

Who may not be suitable for treatment:

- *If you are under 18 years of age
- *If you are pregnant or breastfeeding
- *If you have a current infection or are unwell at the time of treatment
- *If you are on certain medications that may interfere with the laser treatment (if you are unsure, please make us aware of any prescribed medications before your appointment by completing the medical form).

Do's & Don'ts Before Your Appointment:

- *Wear loose-fitting clothes on the day.
- *Avoid alcohol the night before and on the day of the treatment.
- *Do not exercise before the treatment.
- *Please stop using any skincare products containing active ingredients (such as vitamin A (Retinoids), salicylic acid, benzol peroxide etc). 4-5 days before treatment.
- *Try to avoid sun exposure 48 hours before treatment.
- *Avoid applying any products and perfumes on areas of treatment, keep it dry and clean prior to treatment.**
- *Please remove make up, creams and deodorant from the treatment area prior to arrival.**
- *The area of treatment should be shaved 12 – 24 hours prior to treatment.**
- *Do not pluck, thread, wax or use hair removal creams 4 weeks before and during the course of your treatment.**

Please contact us immediately on 02380 556600 if you are booked in for this treatment and any of the above apply to you.

Important **POST-TREATMENT** Information:

- *The area may be red (erythema) and/or swollen (oedema) around each follicle. The area can be cooled again after the treatment to reduce inflammation. Redness may last 2 hours up to several days after the treatment depending on the individual.
- *Apply aloe vera gel or calming creams after the treatment to soothe the area.
- *Wear loose clothes to avoid friction on the treated area for 48 hours.
- *Keep treated area clean and dry for 48 hours.
- *Avoid exercise for 24 hours.
- *Avoid deodorant for 24 hours if the underarm was the treated area
- *Avoid heat such as spas, hot showers/baths, steam rooms and saunas for 48 hours.
- *Avoid anything that involves chlorine (e.g. swimming) for 48 hours.
- *Avoid make-up on the treated area for at least 48 hours.
- *Avoid the application of perfumed products or bleaching creams for 48 hours.
- *Avoid waxing, tweezing and threading for the complete duration of the treatment course.
- *Exfoliation can be done to help the hairs shed faster (please wait a minimum of 1 week after the treatment to do this).
- *Do use at least SPF 50 sunscreen with Zinc for at least 2 weeks after treatment.

Treatment sessions are carried out every 4-6 weeks for face and 6-8 weeks for body.

If you are at all worried after your treatment, please contact us on our

24/7 emergency helpline: 07979108508.