

XEO LASER PERMANENT HAIR REDUCTION

AFTERCARE INSTRUCTIONS

IMMEDIATELY AFTER THE TREATMENT:

- There may be some redness that can last for 1-3 days – Apply cold compresses or packs at home if required. Avoid hot spas, saunas and hot showers for 24 hours.
- There may be some peri follicular swelling (looks like a rash or mosquito bites) that can last up to 48 hours - Apply cold compresses or packs (eg gel pole) at home if required but **DO NOT** apply ice to the areas.
- There may be bruising and this may last for 1-7 days. If it occurs, avoid medications such as aspirin or nurofen, which are blood-thinning agents and may exacerbate bruising, for 24 hours. Also avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E, which are blood thinning agents and may exacerbate bruising for 24 hours.
- There may be some itching of the skin. Avoid scratching the skin. You can take an antihistamine eg Claratyne to alleviate this irritation, which should settle after 1-3 days.
- Avoid using any skincare that contains AHA, Glycolic Acid, Salicylic Acid or Retinoic Acid (eg Retin A) for 3-5 days.
- You **MUST** avoid sun exposure, solarium treatments for at least 2-3 weeks after the treatment because the area treated will be more prone to burning and increased pigmentation during this period. Apply a 30+ or 50+ sunblock frequently and daily for 1-2 weeks after treatment.
- Very rarely, blistering may occur. If this occurs apply cold compresses and cooling gels (Aloe Vera or ASAP Soothing Gel) or specific topical treatments (eg Silvazine Cream – available for your chemist). **DO NOT** apply ice to the treated area after the treatment. However, you **MUST** contact the clinic immediately for advice, preferable before applying any topical treatments.

OVER THE NEXT 1-3 DAYS AFTER THE TREATMENT:

- Hair may take up to 2 weeks to fall out.
- Do not wax or pluck between treatments.
- Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair. Average number of treatments is 5-8. Average treatment interval is 3-8 weeks depending on the body part.
- The laser will only target hair in the “active” growth phase and there is no advantage to scheduling visits closer together.
- Back, Torso, Legs may have a better outcome with longer treatment intervals.
- Crusty areas of dead skin may develop where the laser has been fired and this will settle after a few days. You **MUST NOT** pick, scratch or use any exfoliant (gentle exfoliation may be allowed after 3-5 days) as this may damage the new skin and introduce bacteria leading to skin infections.
- It is important to maintain a good skincare routine with frequent hydration or moisturisation on a daily basis. Your cosmetic practitioner will advise you of an appropriate skin care regimen to follow after your treatment.

ADDITIONAL RECOMMENDED TREATMENTS & PRODUCTS

- ASAP Clearskin Gel
- ASAP Soothing Gel
- Skinstitut Laser Aid
- ASAP Glycolic Scrub or Skinstitut Glycolic Scrub

If any of these symptoms persist or become worse please contact the clinic for advice on Ph 55933388.