



AFTER CARE: Laser Hair Removal

- ✓ Do not expose skin to UV (sun exposure, sun beds) or self-tan for at least 2 weeks.
- ✓ Do not shave the treated area for 48 – 78 hrs after treatment.
- ✓ Avoid very hot bath/shower/steam baths/sauna for 1 week.
- ✓ Avoid rough sports for 24 – 48 hours.
- ✓ Avoid swimming for 48 hours.
- ✓ Loose clothing should be worn to avoid friction on the treated area.
- ✓ Do not use bleaching creams or perfumed products for 24 hours.
- ✓ Do not scratch the treatment area if blistering or crusting occurs as this can cause scarring.
- ✓ Do not wax or any other long lasting hair removal (plucking, threading or creams) , only scissors or razor is allowed.
- ✓ Keep the area clean and dry.
- ✓ Hydrate the body by drinking plenty of water.
- ✓ Use sun block min SPF 30.
- ✓ Use protective clothing for treated area (cotton gloves for driving, a hat to protect facial areas, pants to protect legs from the sun).

I understand direct sun exposure and tanning bed use is strictly prohibited. I agree to the recommended sun protective products on a daily basis. If I fail to protect the skin from sun exposure I will be at risk of uneven pigmentation and sunburn. I understand it is quite normal for mild sensitivity and redness after treatment for up to 48 hours. I will make sure thoroughly wash or sanitise before touching the treated skin area.

I will be compliant with all the pre and post treatment instructions. I understand that I am responsible for following these instructions to minimise potential risks and maximise results.

I have fully understand the procedure involved and I am satisfied about the risks involved.

Client Signature:

Client Name:

Therapist Signature:

Therapist Name:

Karamjeet Cheema

Date: