

## TREATMENT INFO



We are proud to be using the most powerful, state of the art laser machine on the market, the 'Candela Gentle Pro Max'. With this machine we are able to completely tailor your treatment in order to get you the BEST results!! From coarse, densely packed chin hairs, to fine and sparse hairs on your toes - as long as there's pigment in the hair, we can treat it!

This machine brings together two of the most effective laser hair removal technologies on the market - Alexandrite and Nd:Yag - allowing us to safely and effectively treat all skin types including Caucasian, Asian, Hispanic, Arab, Mixed race, Black Caribbean, Black African skin types. The Alexandrite and Nd:Yag lasers both are damaging the follicle enough to reduce the hair regrowth significantly; whilst leaving the surrounding tissue unaffected.

### Nd:YAG laser uses the 1064 nm wavelength

- Nd:YAG laser penetrates deepest into skin
- It is absorbed relatively poorly by melanin within the hair follicle though absorption and follicle heating does occur. This poor melanin absorption is the reason why it is the safest laser to use on dark skin types
- Considered "gold standard" by medics for laser hair removal on skin types 4-6.

### Alexandrite uses the 755nm wavelength

Alexandrite penetrates deeper into skin than Ruby laser or IPL but with less collateral damage. It is strongly absorbed by melanin within the hair follicle (better than diode or Nd:YAG)

- Works better for lighter hair but is risky for treating darker skin types (4-5)
- Considered "gold standard" by medics for laser hair removal on skin types 1-3.

### How it works

A gentle burst of laser light penetrates into the skin to the root of the hair and targets the brown pigment (melanin) in the hair shaft. The hair absorbs the light energy and converts it to heat, thus heating up the follicle & destroying the blood supply to the root of the hair which disables the hair growth mechanism. Because the laser targets melanin, sadly we cannot treat blonde, white, grey silver or some red hairs.

### How hair growth phases affect the treatment

Hair grows in cycles. Anagen = the growth phase; Catagen = atrophy / loss of nourishment, and Telogen = dormancy / falls out. Your hairs are best treated whilst in the Anagen phase - when the follicle is attached to the bulb and blood supply and there is the highest concentration of melanin within the hair. Different areas (face, under arm, legs etc) have different % of hair in each stage at any one time, and have different cycle durations (how long the hair is in each stage).

EG: Generally around 20% of leg hair is in anagen phase at any one time. That means that the maximum % of your follicles we can target in any one session is 20%.

This is why it's a multi treatment process and we generally suggest 6-10 sessions.

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**What affects the success of laser hair removal?**

- Where your hair is at in its cycle - best treated in anagen phase.
- Frequency of treatment - see below for schedule guidelines.
- Hair thickness and colour - the thicker the hair, and more contrast with the skin the better.
- Laser settings tolerated - we need to utilise certain settings for best results but this can sometimes be a little tender! If only low settings are tolerated then results may not be achieved as quickly as hoped.
- Underlying clinical problems - hormonal or medical conditions can delay results.

**What sort of schedule to expect**

Due to the need to keep your skin your at base colour, and that sun needs to be avoided for a minimum of 6 weeks after each session, having a rough idea of what gaps are advised between treatments is important! Everyone is different but as a guide:

- 8 weeks: Arms, torso, back, legs - full body packages
- 4-6 weeks: underarms, bikini, face

These gaps increase as you progress through your sessions in line with your hair growth. For example:

if you're having hair removal on your face, there may be 4 weeks between first two appointments, then a couple at 6 weeks, then 8 weeks, then 10 weeks.

If you're having a full body package, the first couple may be 8 weeks apart, then a couple at 10, then 12, then 14 weeks.

It is important that there are even and advised intervals between your first few (generally 3) treatments, after this it can be a little bit more relaxed. But please note: if you've got a session booked, but haven't had any hair growth, please get in touch at least 3 days before the scheduled appointment to rearrange!

**Sun exposure - IMPORTANT!**

Your skin must be your base colour at your treatments. Please do not expose the areas to be treated for to direct sun or sunbeds for minimum 6 weeks prior - we cannot treat your skin if it is at all tanned whether, it is fresh or from 4/6 weeks ago. If you hold tan well, please note that we will not be able to treat you until you are at your base colour. However, we may be able to offer a treatment with the 1064 m laser wavelength. No fake tan for 14+ days prior and none on the skin at all for treatment. A broad-spectrum (UVA/UVB) sunscreen SPF 50 or greater should be applied to the area(s) to be treated whenever exposed to the sun.

If you arrive and we suspect you to be anything other than your base colour, you'll be turned away and lose the booking fee.

## PRE CARE



- Inform us of any medications or health issues asap (contraindications include: immuno suppressants, immunodeficiency, medication causing photosensitivity, melasma/vitiligo for face treatments, malignant melanoma ever, radiation last 6 months, poorly controlled diabetes, epilepsy last 12 months, roaccutane last 6 months, lymphatic disorder, lupus, tanning injections ever, pregnant, breast feeding, under 18, medications containing gold, metal implants etc)
- Do not take Ibuprofen/Naproxen/Aspirin/Blood thinners/ Antihistamines, or consume alcohol for at least 48h prior to your appointment (do not discontinue any medications without consulting your doctor)
- We advise to take a picture of hair growth prior to shaving to keep track of progress
- No acids in the area for 7 days (AHA's/BHA's/Glycolic/Retinol) & no resurfacers/peels/dermplaning/ microdermabrasion in area 21+ days
- No waxing/plucking/epilating for 4+ weeks before or during treatment cycle
- No electrolysis or similar for 8 weeks in the area
- No exposure to direct sun or sunbeds for at least 6 weeks prior - skin MUST be at its base colour
- No fake tan in the area
- No hormonal, steroidal or treatment creams on the treated area for 2 weeks
- No anti-microbial, anti-biotics, anti-fungal, anti-viral or St. John's Wort for 28 days
- Not have had surgery in the area within 6 weeks - we can only work on fully healed, flat scars
- Ensure you've had a patch test!

## Patch testing

This involves trying a number of settings on the area/s you wish to treat so that we can check for any adverse reactions and see which settings and technology is going to give you the best results. After this, and providing there are no adverse effects we advise waiting the following before commencing full treatment:

Fitzpatrick Skin Types 1 - 3: 4 days | Fitzpatrick Skin Types 4 - 6: 7 days

• Anyone taking medication or has a clinical condition, providing that these are NOT contraindicated: 14 days

## The day of your appointment:

- Arrive on time and come alone - no under 18s are allowed in the clinic
- Ensure area is clean, shaved, and free of any product e.g: moisturiser or deodorant
- Ensure you have shaved the treatment/patch test area/s 6-18 hours before treatment, so no hairs are above the skin but the skin is not sore (please bring your razor in case you missed any).
- Not expose the area to steam eg hot bath or shower on the day of treatment
- Not strenuously exercise, caffeine or smoking for 12h before treatment
- Wear appropriate clothing - comfy access to treatment areas, won't irritate post treatment, preferably pale colours near treatment site



# AFTER CARE



## Do

- Apply a thin layer of aloe vera ointment to the treated area several times a day to keep area moisturised and soothed. Aloe can be purchased in clinic.
- Exfoliate the treated area after 48h and frequently thereafter. Exfoliating loofahs can be purchased in clinic.
- Apply a clean cold compress if swelling occurs.
- Take pain relief such as paracetamol (if you are medically suitable) to relieve any discomfort post procedure.
- Keep the treated skin clean and dry, if likely to get dirty you should protect with a dressing for up to 7 days post treatment.
- Make sure the treatment area is covered & reapply SPF 50 frequently if you are unable to avoid sun for the duration of your treatment course and for 6 weeks after the final treatment.
- Wear loose and comfortable clothing to avoid irritation.

## Do not

- Shave until the hairs have grown at least 2-3mm to avoid cutting the hair and trapping the bulb in the skin.
- Apply makeup to the area for 12 hours following treatment, if any blistering or surface damage then no makeup on the area until fully healed.
- Use sun/sunbeds at all during your course of treatment and for 6 weeks after the last session.
- Apply perfumed creams, chemicals, bleach, fake tan etc for 48h.
- Remove hair by any means other than shaving between appointments.
- Scratch, rub or pick the area.
- Bathe in hot water, steam sauna etc for 5 days.
- Exercise/sports/activities that may irritate the area or cause you to sweat, for 48h.
- Swim in strongly chlorinated water for 2/3 days.

## Things to expect after your treatment

- Things we expect to happen: pinkness of skin, nettle rash, smell of burning hair, hairs popping out of follicles, white sparks, hair shedding (10-28 days).
- Things that happen less often: itching, bruising, increased sweating or odour (underarms), stimulated hair growth.
- Things we do not expect to happen: Blistering, crusting, scabbing, bleeding. However, in the unlikely events that these occur:

- Do not pick off any crusts or scabs which could cause infection through dirty finger nails leading to a theoretical risk of a scar or textural change, skin colour changes e.g. hyper or hypopigmentation.

Risk of these occurring are low but the risk goes up if you mix laser plus sun / sunbed / fake tan (any order)!