

Your HAIR REDUCTION Journey

DAILY

A sunscreen with SPF 30 or greater should be applied. If you haven't found one you love, try our Mineral Pro, tinted or non tinted SPF S49.

4 WEEKS PRIOR

- Avoid the use of fake tan and gradual tanning products in the treatment area.
- Avoid tanning and incidental sun exposure, including between treatments. The area needs to be covered and protected from the sun for a safe and effective treatment.
- Avoid waxing, plucking, threading (or removing the hair from the follicle), using depilatory creams or undertaking electrolysis, including between treatments.
- Avoid filler injections in the treatment area.
- Prepare the skin with suitable skincare, this will include a tyrosinase inhibitor for Fitzpatrick Skin Types III plus and any skin prone to post inflammatory hyperpigmentation (PIHP). We recommend O Cosmetics B3 Plus.

2 WEEKS PRIOR

- Avoid prescription strength exfoliant creams in the treatment area.
- Avoid antiwrinkle injections (Botox/Dysport) in the treatment area.

1 WEEK PRIOR

- Avoid benzyl peroxide application on the treatment area.

3 DAYS PRIOR

- Avoid cosmedical Vitamin A (retinol), AHA's & BHA's, and Vitamin C application.

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12-24 HRS PRIOR

- Please shave the treatment area thoroughly

24HRS

For the first 24hours, or until redness and swelling subsides.

- Application of Medisoothe or Chilled Aloe Vera upto 3x/day.
- A cold compress every hour for 5-10 minutes may be soothing to the skin.
- Do not apply ice directly to the skin.
- Avoid activities that increase perspiration and body temperature.
- Avoid the use of pools, spas and saunas.
- Avoid hot showers and baths.
- Avoid application of deodorant in the area.

5 DAYS POST

- Avoid the use of scented lotions or soaps.
- Avoid cosmedical Vitamin A, AHA's, BHA's and Vitamin C.

1 WEEK POST

- Avoid the use of prescription strength exfoliants (Vitamin A).
- Avoid anti wrinkle injections in the treatment area.
- After 1 week, start gently exfoliating the treated area. This may include use of a loofah, mitts, AHA & BHA based lotions or retinol. Use of these products sooner will aggravate the skin and cause inflammation to the skin during the healing phase.
- Contact us if you notice any blisters, crusts or open areas. Allow these to heal spontaneously. If healing is delayed, a thin coating of antibiotic ointment may be advised.
- Do not pick.

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ABOUT

We offer a range of Hair Reduction services including Laser, IPL, SHR and IPL with RF. Your therapist will discuss the best option for you based on your individual skin and hair.

Our hair grows in 3 stages, Growing - Resting - Dying stage. It can only be treated in the growing stage when attached to the follicle, hence the requirement of 8-10 treatments to reduce the hair.

We call it permanent hair reduction as it is impossible to remove every last hair, however 80 percent should be achievable and occasional maintenance sessions should take care of the rest.

Please note that Light blonde, light red, silver, grey and white hair do not respond well to laser & IPL treatments due to the lack of melanin.

INFO

Pre treatment preparation and post treatment care are vital steps of your Carbon Facial treatments.

In order to ensure a safe treatment and to achieve the best results, please follow all advice provided and reach out to us if you have any questions.

Failure to follow the advice given may increase the risk of undesirable effects.

WHAT TO EXPECT

Depending on your treatment you can expect mild to moderate heat and discomfort is expected. Some people equate it to the sensation of a rubber band flicking on the area. These sensations should always be tolerable.

Immediately after and up to 5 days post treatment:

A mild sunburn-like sensation.
Swelling of the hair follicles (peri-follicular oedema) can occur and appear as small, raised, red bumps. This is a normal histamine reaction. Itchy or dry skin.

1 - 3 weeks post treatment:

Appearance of "stubble". This is not hair re-growth. It is the remnant of treated hairs being expelled from the follicle. Allow this hair to fall out on its own or encourage with gentle exfoliation. Do not pluck or tweeze. You may shave during this period.

Abnormal responses: Extreme redness, swelling or heat. Extreme sensitivity or blisters. If you experience any of these responses, please contact us immediately 8552 3880.

HOW MANY TX

This will vary from patient to patient, however as a guide a course of 8-10 treatments may be necessary to achieve your desired outcome. Treatments can be performed 4-8 weeks apart to give the hair a chance to grow again from the previous treatment.

WE NEED TO KNOW

Throughout your treatment course, it is important to advise us of any of the following as these will influence treatment safety and efficacy.

- Sun Exposure or fake tan application on the treatment area within the past 4 weeks.
 - Any new health conditions, or if you have been unwell.
 - Commencing any new medication (including short term doses).
 - Changes to current medications or supplements.
 - If you are trying to become, or have become pregnant.
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Find us on Facebook and Instagram for before & after photos

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