

# laser for the first time?

INSTRUCTIONS FROM OUR DERMATOLOGIST!



## Before you laser session:

No solarium and if it has been done, at least 2 weeks prior treatment.

No use of tanning lotion and other self tan lotions.

Shaving can be done 3 days prior to the first session. We want a hair length of 2-3 mm.

Waxing, depilation or depilatory creams should be stopped 3 weeks prior to the session.

Hydrate the area with a hydrating cream daily 2 weeks before the first session and not the day of the session.

No peeling exactly before the laser treatment but rub the area well to exfoliate it with a good sponge (*especially during the summer months*).

No sun therapy up to 8 days prior treatment.

No use of body glitter or body oil exclusively before the treatment.

## Instructions after the laser

Avoid hot water (*bath*) and heat (*electric covers*) on the day of the treatment. Cold is preferable.

Avoid use of fragrance or anything containing alcohol to the treatment area.

Avoid use of gym on the same day also the swimming pool up to 24 hours after the laser.

Solarium should be avoided for at least 2-3 weeks after laser.

Use of sunscreen protection with 30 minimum sunblock and frequently update it every 2 hours.

No lycra, no wool and wool tights or other material except cotton for the direct contact of the area treated.

Frequently moisturise the area treated.

No body peeling or rough rubbing of the area treated for 2-3 days but it is recommended to use a rough sponge when bathing daily, 4 days after the treatment to remove dead follicles.

No tight clothing the day of the session.

No shaving, depilating after the session.

It is recommended to use moisturising creams like cicaplast gel, bepanthol blue lotion.

\* If you experience any side effects please call our 24 hour line +30 6978999992