Laser Hair Removal - General Protocol

Pre-treatment

• Before any laser treatment, we will shave off the hairs that were missed or still too long.
• The next step is to draw grids on the treatment area to ensure no missed areas or too much overlap.
• Iced gel packs are applied onto the skin to increase patient’s comfort.
• Safety eye goggles (black-outs) are given to the patient to make sure that their eyes are protected.
• Coupling gel is applied to provide a smooth surface for the laser to glide as well as to prevent further scattering of the laser light.
• A patch test is conducted with parameters set based on skin type, ethnicity and lifestyle.
• After deciding on the parameters, technician will begin the hair removal process.

During treatment

• Iced gel packs are continuously provided.
• Technicians will observe and monitor edema (swelling) and erythema (redness).
• Technicians will then check on the patients by asking them several questions, about the treatment such as comfort level/heat sensitive areas.

Post-treatment

• More ice gel packs (if needed) can be provided to patient.
• We remove all the loose hairs and coupling gel on the treatment area with a cool cloth.
• We take care of the area by moisturizing with a tea tree lotion with anti-inflammatory and anti-bacterial properties.
Post laser treatment care

- Provide post laser hair removal after-care instruction – to avoid
  - Scrubbing/exfoliating
  - Applying cosmetics to the treated area.
  - Swimming, especially in a pool with chemicals, such as chlorine.
  - Hot tubs and Jacuzzis.
  - Activities that cause excessive perspiration.
  - Sun exposure to the treated areas.

Additional instructions for Post-Care

- To contact Elan Beauty at (604) 676-0608 if there was any concerns post laser hair removal treatment next day immediately.
- To moisturize the area and cover up with gauze to avoid any friction between the skin and also between clothing.
- To wear loose clothing to allow the area to breathe.
- To use any cooling aid such as cold showers/ice packs if needed.
- To avoid any sun exposure to the area for a few days, and if exposed to the sun, and SPF of 30 or higher is recommended to the area treated.
- No tanning, no tanning booths/beds, tanning cream/oils or any procedures that can cause the skin to pigment or darken on the site.