

POST-TREATMENT GUIDELINES

Protecting your skin after and between sessions.

Please carefully read and follow the advice outlined below after each of your laser hair removal sessions:

PLEASE AVOID:

- » Avoid exposing skin to UV light (sunlight or sunbeds) or self-tan for at least 2 weeks after treatment. This is to minimise darkening of the skin (hyper-pigmentation).
- » Avoid heat treatments such as spas, steam rooms and saunas for 7 days.
- » Avoid excessive scrubbing or applying pressure to the skin for 4-5 days
- » (This is to allow the treated skin to recover and to prevent any infection.)
- » Avoid shaving the treated area for 72 hours after treatment - to avoid irritation.
- » Avoid exercising for at least 48 hours.
- » Avoid hot baths and hot showers for 48 hours.
- » Avoid anything that involves chlorine (e.g. swimming) for 48 hours.
- » Avoid make-up on the treated area for at least 48 hours.
- » Avoid the application of perfumed products or bleaching creams for 48 hours.
- » Avoid scratching the treatment area if blistering or crusting occurs, as this can cause scarring.
- » Avoid waxing, tweezing and threading for the complete duration of the treatment course.

GENERAL ADVICE:

- » If a slight reaction occurs please apply Aloe Vera gel or antiseptic cream.
- » Please note the hairs are not vapourised nor do they fall out immediately. Hairs will normally fall out between 1-3 weeks after treatment.
- » Hair growth will be visible between treatments, albeit slightly finer.
- » Use SPF50 on treated areas exposed to sunlight.
- » Repeat treatments 4-6 weeks apart depending on area/growth cycle of the hair.

IT IS REALLY IMPORTANT YOU LET US KNOW IF YOU HAVE A CHANGE IN SKIN COLOUR AND/OR CHANGES IN MEDICATION OR MEDICAL CONDITIONS BEFORE YOUR NEXT APPOINTMENT. PLEASE GET IN TOUCH IF YOU HAVE ANY QUESTIONS OR QUERIES.

KIVA SKIN
LASER HAIR REMOVAL
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