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Soprano Hair Reduction Pre and Post Treatment Instructions

PRE TREATMENT

- Hair in the treatment area must be shaven 12-24hrs prior to treatment. We do not need any stubble to perform this treatment and you may be charged extra if the area needs to be shaved at the time of the appointment.
- Please be well hydrated for your treatments, as this will help to decrease any pain associated with the treatment.
- Do not tan or get excess sun exposure 2 weeks prior to treatment.

CONTRAINDICATIONS

- Cancer; in particularly, skin cancer and anyone undergoing radiation therapy
- Pregnancy (including IVF)
- Oral Isotretinoin (such as Accutane) in the last 6 months
- Use of photosensitive medication and herbs for which 810nm light exposure is contraindicated such as Isotretinoin, tetracycline, or St. John's Wort.
- Diseases which may be stimulated by light at 515 nm to 1200 nm, such as the history of recurrent Herpes Simplex, Systemic Lupus Erythematosus, or Porphyria.
- Uncontrolled systemic disease such as diabetes, epilepsy or congestive heart disease.
- Uncontrolled hormonal or endocrine disorders, such as polycystic ovary syndrome
- Prolonged exposure to sun or artificial tanning during the 3 to 4 weeks prior the treatment and post treatment.
- Active infection of any kind, including herpes simplex in the treatment area, treatment can trigger a herpes outbreak and prophylactic medications may be prescribed.
- History of keloid scarring
- Fragile and dry skin

- Hormonal disorders (that are stimulated under intense light)
- Use of anticoagulants or history of coagulopathies
- Tattoos/permanent makeup
- We will not treat any raised lesions until checked by a dermatologist
- Immunosuppressive disease, including AIDS and HIV infection.

POST TREATMENT

- Your skin should be relatively unaffected after the treatment, however some skin types will experience slight redness due to the cooling effect from the laser tip. This will subside quickly
- Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment. If you need to be out in the sun, wear an SPF 30 minimum on the treated area.
- Avoid swimming, hot tubs, saunas and heated yoga studios for 2-3 days following your treatment.
- Avoid strenuous exercise that heats up the body and causes sweating for 2-3 days following your treatment.
- Do not take any antiinflammatories medications or supplements like ibuprofen, aspirin, etc.
- Do not expect your hair to "not grow back" after a single session. Laser hair removal is a process and takes between 4-6 treatments
- Subsequent treatment sessions should be 6 weeks apart.
- Although rare, infection in the treated area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary. Please contact us should you have any concerns.

Please call our office during normal business hours if you have any questions or concerns.