

### A recommendation

Although there is no long-term data available that laser treatment is harmful to the unborn fetus, we recommend that pregnant women wait until after the birth and nursing of the child before undergoing laser hair removal.

### Payment method

We accept cash, Visa, MasterCard, and debit cards only.

*Should you have any concerns that are not addressed here, please call us directly. We'll be happy to discuss your treatment.  
604-875-4986*

Knowledgeable,  
experienced,  
caring.

Are you ready?



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Laser and Light Hair Removal  
Alexandrite Laser

Pre-treatment information



rejuvenate yourself



## Pre-treatment

We have produced this informational pamphlet to provide you with a better understanding of laser hair removal.

Like any medical procedure, you may have some questions that need answers; hopefully they will be covered here.

Firstly, the treatment you are about to have is administered under the highest medical standards. A registered nurse will be performing the procedure under the direction of a Board Certified Dermatologist. At the Skin Care Centre, we take great pride in the level of care we deliver to our clients.

## laser and light hair removal

## Preparing for the treatment

Before your treatment there are a few things that you should understand:

- 1) You should have some hair or stubble showing—we recommend about 1mm or 1/8 inch above the surface of the skin.
  - Shaving - Stop shaving three days before the treatment.
  - Waxing - Avoid waxing for four weeks before your treatment.
  - Electrolysis - Avoid this for six weeks prior to your treatment.
  - Plucking - Avoid plucking for four weeks prior to your treatment.
- 2) The area should be clean of any make-up, cream, deodorant, etc.
- 3) It is important to avoid excessive sun exposure to the treatment area for at least one month before the start of treatment. Wear a good sunscreen, with SPF 30 or 60, or simply keep the area covered by clothing. Treatment will not be done on darkly tanned skin.

## The treatment itself

Many people ask, “How painful is the treatment?” Pain is a highly individual experience. The sensation you will feel is similar to a small elastic band slapping against the skin. Many people require nothing during treatment, while others choose to use a topical anesthetic (freezing cream). Should you consider the cream, it must be applied to the area at least one

hour before your treatment. We recommend that you have the nurse apply it the first time to ensure you understand how it is used correctly.

As with any medical procedure (after we assess your condition and discuss the treatment program) we will be asking you to sign a consent form.

During the laser procedure you will be required to wear protective eyewear which we will provide.

The laser makes a clicking noise during normal operation.

The laser light is delivered through a hand piece that is similar in size to a telephone handset.

Transparent gel will be applied to the treatment site. For small areas, a plastic grid will also be used to cover the treatment area.

The skin will be photographed periodically to document your progress.

Another question we are often asked is, “Will there be any scarring?” Scarring is very uncommon, but there is always a slight risk. This will be discussed with you during the consultation. Some skin types are more prone to side effects than others. We may suggest a test treatment on a small and discreet skin location to determine your response to laser treatment.

