



CORINNE AESTHETICS
LASER & SKIN

Laser Hair Removal Pre & Post Care Instructions

Laser Hair Removal uses a laser to reduce the thickness and growth of hair on the body. Most clients experience between 70–90% reduction in hair growth, while others may even experience permanent hair removal. Individual progress depends on factors like skin color, hair color, hormones, hair thickness, and the client's consistency with treatments and post-care instructions. At Corinne Aesthetics, I use a top-of-the-line laser machine called Candela GentleMax Pro Plus. This machine has two lasers, Alex (755 nm) and Nd:Yag (1064 nm), which are programmed by the provider depending on skin color and hair texture. Laser hair removal isn't completely painless, but most clients believe it to be less painful than waxing and highly tolerable. The Candela laser has a built-in cryogen canister that spits out cold liquid/air with each pulse of the laser. This also makes the treatment a lot more tolerable—the laser targets the pigmented hair follicles under your skin. When the laser pulse zaps, it damages the hair follicle, and over time, the goal is to damage it enough that the hair comes back much lighter and thinner or (for some) not at all. Please remember that the machine does not work on red, blonde, or grey hair. At Corinne Aesthetics, I aim to give you an experience tailored specifically for you and your tolerance, ensuring effective results you will love.

Please note the following pre and post care instructions for optimal results:

Pre-Care Instructions:

- Make sure to shave your treatment area at least 24 hours before your appointment. Coming to your appointment with hair will make the session more painful than it needs to be, and may result in rescheduling your appointment.
- Avoid sun exposure, tanning beds, or artificial tanning creams and lotions for at least 2–4 weeks before your appointment. Skin that is sunburned or tanned cannot be treated. Please note there may be a same-day cancellation fee.
- Skin should be clean of makeup, moisturizers, lotions, and oils before your appointment.
- Avoid any physical activities that increase body temperature for at least 2 hours before your appointment.
- If you started on any new medications since your last treatment, please let me know. Some medications cause photosensitivity and your treatment may need to be rescheduled.

What you should expect during your session:

- To start your sessions, you will receive a pair of laser goggles to protect your eyes. It is important to keep these on for the whole duration of your session, since the laser reflects into the whole room, even if you're not looking directly at it.
- I will assess your skin to determine which laser setting is safe and effective for you specifically. Numbers vary through all laser machines. Please trust that I will give you the best setting for you and your individualized treatment plan. As your hair becomes thinner and lighter with ongoing treatments, I will increase the laser levels to ensure ongoing optimal results.
- I will first complete a test spot for you to ensure that the laser is on the right setting for you and your pain tolerance.
- At any point in time, if the treatment becomes intolerable, please let me know so that the settings can be altered for your comfort. *There is a misconception that "if it's hurting, it's working." This is not entirely true. Even if you don't feel anything, the laser is still doing its job.

Post-Care Instructions:

- After your session is over, we will apply aloe vera and sunscreen on the treatment area for your benefit and safety. Please ensure to continue applying sunscreen (SPF 30+) to the area for at least 7 days post-treatment.
- Mild redness and swelling of the hair follicles (known as perifollicular edema) may occur. This is a normal reaction and should subside within 24 hours-to a few days. You may use a cold compress to calm down the skin.
- Avoid sun exposure and tanning beds of any kind for at least 14 days post-treatment. It is crucial to know that if you lay out directly in the sun or a tanning bed, you may develop hypo or hyperpigmentation (discoloration) on your skin that can be permanent. This is the client's own responsibility to be vigilant and cautious throughout the sessions.
- Avoid strenuous activities, saunas, hot tubs, hot showers, and tight clothing on the same day as your treatment. You may do so the following day.
- If redness, swelling, or itching continues, you may apply over-the-counter hydrocortisone cream to the area, or take an oral antihistamine.
- The hairs that are under your skin post-treatment will eventually grow out and then "fall out." Please note that all hairs are in different growth cycles. This means that some may fall out and some may not. Our goal is that by the 3rd-4th session, all hair will be damaged on some level. Try not to pick at the skin or the hairs and allow them to fall out on their own. Gentle exfoliation a week after your treatment will help the shedding process.
- Please book your next appointment following your treatment. This will help ensure you are keeping up with your treatments, which will give you the best results!