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Pre-treatment and after care advice for your appointment.

Treatment name: Laser hair reduction
Product used: Alma Soprano Ice Titanium
Treatment aim: to reduce the hair growth in the treated area.
Numbing: not necessary.
Price per treatment: varies depending on area being treated.

FAQs:

Before your first treatment, you are required to have a patch test to the area.

What can I NOT do before I have my laser hair removal treatment appointment?

The area being treated must not have been exposed to the sun/sunbed for at least four weeks before treatment. In the few weeks before your next laser hair removal appointment, we ask that you don't do any form of hair removal that pulls the hair from the root, such as: waxing, threading, plucking or epilating.

When do I shave before my treatment?

Shave the area that is going to be treated 24 hours before your appointment. A clean shave with a sharp razor is a must, we don't want the laser targeting longer hairs that sit above the skin, as this runs the risk of causing burns.

Can I drink alcohol before my treatment appointment?

There are no restrictions on drinking alcohol before or after this treatment.

Can I wear make-up to my treatment appointment?

We do request that patients come to their appointment with minimal make up to the areas that are going to be treated.

What medical history is required?

Any previous medical and cosmetic/aesthetic procedure history.
Current regular medications.
Any allergies.
If you suffer from cold-sores.

Can I have treatment if I suffer from cold-sores?

At the ESHO Clinic we advise cold-sore sufferers to take Acyclovir tablets seven days before their treatment appointment to prevent an outbreak.

If you have a cold-sore we CANNOT treat you, please contact the customer service team.

How soon after treatment can I travel or fly?

There are no restrictions on flying after this treatment. Although we recommend avoiding direct sunlight for four weeks before and after treatment.

Pre - treatment advice:

Avoid the sun 2 weeks before and after treatment.

You MUST avoid bleaching, plucking or waxing hair for 2 weeks prior to treatment.

Do not use Depilatory creams 1 week prior to treatment.

If have had a history of cold sores, zovirax may be used prior to treatment and continued one week after treatment.

The use of tanning cream must be discontinued two week before treatment.

Please shave the area the day before or morning before the treatments

Post-treatment advice:

Immediately after treatment, there may be redness and swelling at the treatment area, this may feel like mild sunburn

The application of iced water during the first few hours after treatment will reduce any discomfort.

The application of aloe vera gel can continue at home

Makeup may be used immediately after the treatment unless there is epidermal blistering.

Avoid sun exposure for 2 weeks to reduce the chance of hyperpigmentation or darker pigmentation. Use sunscreen SPF 30 or greater at all times throughout the course of treatment.

Avoid picking or scratching the treated skin. Do not use any other hair removal treatment methods (waxing, electrolysis or tweezing) that will disturb the hair follicle at the treatment area for 4-6 weeks after treatment. Shaving or depilatories may be used.

Hair regrowth occurs at different rates on different areas of the body. New hair growth will not occur for AT LEAST three weeks after treatment.

Anywhere from 5-19 days after the treatment, shedding of the surface hair may occur and this appears as new hair growth. This is NOT new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or Loofa sponge.

After the underarms are treated, use a powder, instead of deodorant, for 24 hours after the treatment to reduce skin irritation.

Avoid hot baths and heat treatments and treat the skin gently, as if you had sunburn, for the first 24 hours.

Contact us if you experience any of the below:

If you are concerned about any swelling, pain, redness. Please email patientcare@eshoclinic.co.uk with photos to be assessed by one of our doctors.

If you have a fever, temperature, flu like symptoms, vomiting or any signs of possible treatment infection please phone our emergency phone line and one of our doctors will urgently assess you.

If you have any signs of allergy, itch, rash, wheeze, shortness of breath – contact 999 as you will need urgent medical treatment – this is very rare and most likely to occur while you are still in clinic.

If you do have any concerns please contact bookings@eshoclinic.co.uk or patientcare@eshoclinic.co.uk detailing your concerns and we will be more than happy to help you.

We look forward to seeing you at your appointment!