

SAGE & VINE

AESTHETICS

LASER HAIR REMOVAL

What can you expect?

Most clients need 6–10 sessions for optimal results.

Hair will appear finer and sparser over time.

Maintenance treatments may be required.

Pre-Treatment Instructions

To ensure safety and maximize treatment effectiveness:

2–4 Weeks Before Treatment:

- Avoid sun exposure and tanning (including tanning beds and self-tanners). Sunburned or tanned skin increases the risk of side effects.
- Do not wax, tweeze, or use depilatory creams on the treatment area. The laser targets hair roots, which must be intact.
- Shaving is allowed and encouraged — it helps the laser focus on hair follicles under the skin.

24–48 Hours Before Treatment:

- Shave the treatment area thoroughly. Hair above the skin can cause burns.
- Avoid skincare products on the area, especially those with retinoids, AHAs, BHAs, or benzoyl peroxide.
- Notify your provider if you have started any new medications, especially photosensitizing drugs (e.g., antibiotics, Accutane).

Day of Treatment:

- Arrive with clean, dry skin (no lotions, deodorants, perfumes, or makeup on the treatment area).

- Wear loose clothing if treating sensitive areas.
 - Numbing creams (if applicable) should only be applied under professional guidance.
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Post-Treatment Instructions

After your session, mild redness and swelling are normal. Follow these tips to reduce side effects and enhance results:

Immediately After Treatment:

- Apply a cool compress or aloe vera gel to soothe irritation.
- Avoid hot showers, saunas, or intense workouts for 24–48 hours.
- Avoid deodorant for 24hrs.
- Do not pick, scratch, or exfoliate the treated area.
- Avoid sun exposure. Use broad-spectrum SPF 30+ daily.

3–7 Days Post-Treatment:

- You may notice “shedding” of treated hairs. This is a normal part of the process.
- Continue to moisturize the area gently.
- Avoid harsh skincare (chemical peels, retinoids, scrubs) for at least one week.
- Do not wax or pluck any hair.

Long-Term Care:

- Multiple treatments are needed, typically spaced 4–8 weeks apart.
- Protect the treated areas from sun between sessions to prevent hyperpigmentation.
- Report any unusual symptoms such as blistering, crusting, or prolonged redness to your provider.