

Tryst Laser Hair Removal Before & After Care

Before making your appointment:

Take the following precautions prior to booking your laser hair removal appointment.

Avoid Laser Hair Removal Treatment if:

- Are pregnant or nursing
- Are using any skin-thinning products or drugs.
- Are undergoing therapy for cancer, i.e. chemotherapy or radiation
- If you have a sunburn or have recently sunbathed, with or without SPF

Permission from your doctor is required if:

- You have any autoimmune disorder
- You have a history of herpes simplex virus

Make sure your skin is in optimal condition:

- Discontinue use of any Alpha Hydroxy Acid (AHA) or Glycolic products for 14 days prior to treatment.
- Stop use of Accutane 6 months prior to treatment.
- Do not wax in the 4 weeks prior to your appointment as the pigment is required in the hair follicle for the laser to identify the hair and treatment to be effective.
- Avoid direct sunlight for 4 weeks prior to your treatment.
Discontinue use of spray tan/self-tanning skin products for 14 days before treatment.
- Remove any residual self-tanner on the skin 72 hours before your treatment.

How to prepare for your appointment:

24 hours before and day of:

- Avoid using topical creams, moisturizers, body oils or perfumes to the area being treated 24 hours prior to treatment.
- Shave the treatment area on the day of your appointment.
- If you have recently had any cosmetic treatments (such as Botox, microdermabrasion, or any other injectables performed around the area), discuss with your skincare expert prior to your appointment.
- Wear loose, soft, and comfortable clothing to your appointment to avoid irritating your skin after the appointment

Aftercare

After laser hair removal treatment take the following precautions for proper healing:

- The areas treated with the laser may be red following treatment. This will generally fade within 2-3 days.
- Minor crusting or scabbing of the treated area can occur following treatment. Do not rub or pick the scab.
- Wash the area gently with your fingertips and mild soap. Use of a washcloth or other abrasive instrument is not recommended.
- Apply an antibacterial ointment to the treated area.
- Cover the treated area with a sunscreen of SPF 30 or higher and avoid sun exposure to the treated area for 14 days.
- Hair remaining in the follicle with extrude typically within 1 to 2 weeks after treatment. This will look like growth but is simply the body's way of eliminating the hair from the injured follicle.
- Apply an ice pack on the treated area to reduce pain, discomfort, or irritation.
- No exercise until the perifollicular edema (red bumps) resolves.
- Drink plenty of water

For the first 7 -14 days after treatment:

- Avoid anything that may cause abrasion to the treated area
- No hot baths or showers for 24 hours
- Avoid deodorants, body sprays, powders, and lotions on the treated area for 7 days
- Avoid irritants such as products containing glycolic acid or Retin-A for 5-7 days
- Avoid tight clothing in treated areas for 7 days
- Do not shave the treated area for 7 days
- No waxing, tweezing, and threading for 7 days
- No Jacuzzi, sauna, hot tubs, or steam rooms for 14 days.
- No massage to treated area for 14 days
- No tanning or sunbathing for 14 days
- No self-tanning or spray tanning for 14 days
- No swimming in chlorinated pools for 14 days
- On day 7 post treatment you may shave or gently wash the area to help loosen hair that is still embedded in the follicles.

