

Guide to a successful Laser Epilation.

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🕒 **Before** you come to your first laser session you should avoid wax depilation for at least 2 to 3 weeks, you only can shave the area or use depilatory cream.

🕒 **You should not** pluck off your hair with tweezers or wax, because the hair follicle would lack the hair, which is a conductant “antenna” used by the laser.

🕒 **It is desirable** to gather an important quantity of follicles in growing phase for the session to be really effective. That is why the sessions should be performed in 4 to 6 weeks intervals.

🕒 **A month before** getting a laser epilation you should start using a sunscreen; don't expose yourself to the sun, solar beds and/or tanning products, because you would produce too much melanin on your skin surface, and like the hair it would capture the laser beams eagerly hence producing irritation or superficial burning of the epidermis.

🕒 **Avoid** the use of non steroidal anti-inflammatories (NSAIDS) like aspirin, meloxicam, diclofenac, ibuprofen and also niacin and vitamin E prior to laser epilation.

🕒 **After** the first session the hair evaporates instantly but some might be expelled from the follicle in the subsequent days.

🕒 **After laser epilation**, continue the use of sunscreen, do not tan.

🕒 **For several days** you will not notice any hair growth.

🕒 **When new** hair grows again, you will shave them or apply a depilatory cream. Remember you can't use any method that plucks off your hair from the root, because you could stimulate the hair-growth. It's an important remark specially for people with hormonal issues or whose hair grows thick.

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🕒 **You will not** shave yourself 1 to 4 days before your next epilation session, so the doctor can be able to see where he shall use the laser beams. The hair shouldn't be too long, 1 or 2mm are enough.

🕒 **After** the third application you will start to notice that the hair grows finer and less.