

Pre-treatment precautions for laser hair removal

It is important that this advice is fully understood and followed within a 30-day period prior to treatment.

We advise:

1. Do not sunbathe
2. Do not use sunbeds
3. Avoid self-tanning products
4. Do not have electrolysis, or wax, or pull-out hairs with tweezers
5. Avoid thread or bleach the hair or use depilatory creams
6. Do not shave the hair immediately prior to the treatment (leave 1 day prior to the treatment).

Post-treatment care for laser hair removal

After the Soprano Titanium treatment, it is common for the area to feel slightly warm. It is also common to experience some redness, local swelling, and mild tenderness.

These symptoms may appear immediately or a few days after treatment. The use of 100% aloe vera gel is recommended directly after treatment and for few days if necessary. It is important that once the Soprano Titanium laser treatment is performed you follow the standard recommendations for aftercare as follows:

- a) For the next 48 hours avoid all heat treatments such as steam rooms, saunas, hot baths, hot showers and excessive exercise and swimming
- b) Avoid perfumed creams, soaps, and lotions on the treatment area
- c) Do not touch, pick, or scratch the treated area
- d) An ice-cold compress can be applied if the area feels hot or uncomfortable.

NOTE: if the treated area is particularly sensitive, follow the above advice for one week.

For 30 days after treatment, you should avoid exposure to UV light (sunbeds and sunbathing), a high SPF 30+ sun block should be applied when outside (excessive exposure can cause hypo or hyper pigmentation of the skin).