



VPL - Hair Removal Client Information

Treatment Plan

- @Science of Skincare we offer permanent hair reduction. This means that in most cases the majority of hair will not return after a short series of treatment. This course of treatment varies from person to person, but will usually be about 3 – 6 regular sessions possibly about a month to three months apart.
- The hair that is going to disappear for good will usually stop growing within this initial course, with any residual hair growth being finer, softer, lighter in colour and re-growing at a dramatically slower rate. This residual hair growth can be left alone, or you can have occasional maintenance treatments, which can vary from a few months apart to once a year.
- The degree of hair loss and the time taken to get results will vary from person to person as there are many factors that can influence hair growth.
- For maximum results you need to follow the initial course regularly as recommended by your therapist.

Sun Issues

- Intense Pulsed Light is attracted to melanin, the pigment [colour] found in hair and skin. Hair needs to have colour for hair removal treatment to be effective, but if there is colour in the skin there can be complications.
- Some skins may be too dark for safe treatment, as the light can be attracted to the melanin in the skin and cause hyper or hypo pigmentation. [increase or loss of colour in the skin.]
- A recent tan is also a potential problem as the light will be attracted to the melanin in the skin causing hyper or hypo pigmentation. We recommend you avoid sun exposure on the treatment area for at least 6 weeks pre and post treatment. At all other times use a 30+ sun block.
- Sun beds need to be avoided in the same way as sun.
- Spray on and instant tan products are pigments. The skin should be clean of any such products before each treatment.
- **A 30+ sun block should be applied to treatment area if there is any likelihood of sun exposure, however strong the sun and whatever time of the year.**



Post - Treatment Care VPL - Hair Removal

What to Expect

- Because treated follicles have been heated, the area may swell somewhat for a day or so. Swelling results from heat, not infection, and is therefore normal and expected.
- Crusts can occasionally form in some spots. Again, this does not mean infection and does not mean the area will scar. Do not pick at the crusting.
- You may notice dead hair surfacing for 2-3 weeks after treatment. Although this may appear to be new growth, it is not. This process is called purging or shedding and will take time to complete. You should wipe away these hairs with a damp cloth or exfoliate with a loofah or “Buf-Puf” once the sensitivity of treated area resolves. Start this exfoliating process 1 week after treatment, but no earlier.
- For optimal results multiple treatments are necessary. It is recommended that the first four treatments are no longer than four weeks apart. After that, follow your technicians’ advice.

Care of the treated Area

- Apply a cool compress to relieve swelling or warm sensations for 1-2 hours after treatment if needed.
- If you experience intense itching for a few days after treatment, applications of ice, Aloe Vera or what your technician advises will help.
- Apply a soothing / healing product as recommended by your technician night and morning for 3-4 days after treatment.
- Pat dry after showering, but do not pick or rub the treated areas.

Precautions

- Do not scratch or pick the area. Scratching or picking will have the same result as picking any scab or pimple, and the area could scar.
- Wear clothing or sun block (SPF 30+) to protect the treated area from direct sun exposure. Be sure to reapply sun block throughout the day. **It is imperative to the success of future treatments and skin health to protect the skin from sun exposure while undergoing VPL hair removal treatments. No sun exposure on the treated area for at least 6 weeks before or after a treatment.**