



Innovators in Beauty

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What is Laser Hair Reduction?

Laser hair reduction is an effective noninvasive way to reduce unwanted hair from virtually any area of the body. Laser treatment can be used for both facial and body hair removal including, but not limited to, the upper lip, chin, eyebrow area, underarms, back, chest, legs, and bikini area.

Before Your Evolve Med Spa Laser Hair Reduction Treatment

- Inform your Provider of all medical conditions, medications you are taking, skin disorders, allergies, and any other medical problems.
- If you have an active cold sore/fever blister, canker sore, or shingles you will need to postpone treatment. If you are prone to developing cold sores/fever blisters or shingles, please contact us 1 week before treatment for recommendations.
- Please note, lasers are not effective on blonde, white, gray, or red hair. Do not bleach hair for 4 weeks prior to treatment as laser is ineffective on bleached hairs.
- Clean shave the area to be treated 24-48hrs before treatment; preferably with a fresh razor.
- Skin must not have any sun exposure or tanning bed use 4 weeks before treatment. Sunscreen should be used daily.
- Do not spray tan or use self-tanner for 2 weeks before treatment.
- If you are treating your face, avoid any products with active ingredients (such as retinol, tretinoin, glycolic acid, salicylic acid, benzoyl peroxide, astringents and topical Vitamin C) 7 days before treatment. If your skin is irritated please contact our office at least 24 hours prior to your appointment to reschedule.
- Do not tweeze or wax, or use depilatories (Nair) for at least 4 weeks prior to treatment as this removes the root of the hair, which is the target.
- If possible, please do not wear any makeup prior to your facial treatment.
- In women, skin may be more sensitive during a menstrual period.
- Who cannot be treated: women who are pregnant, clients using or who have used Accutane within 6 months, and clients who are actively undergoing or have had chemotherapy or radiation treatment within 6 months.

Wait time between other treatments if receiving Laser Hair Removal to the full face

- Lip filler and Botox can be performed the same day.
- Cheek, Undereye, and Chin filler should be placed two weeks before or two weeks after.
- Kybella and Sculptra treatments should be done four weeks before a treatment or two weeks after the treatment if laser being applied to Kybella and Sculptra treatment areas. If not, then these can be done same day.
- Microneedling can be performed six weeks before or six weeks after a treatment.

After Treatment Evolve Med Spa Laser Hair Reduction Treatment

- Continue sun precautions for at least 2 weeks, and use a sunscreen with minimum SPF of 30 at all times.
- Until initial skin irritation subsides, avoid hot water or any products irritating to the skin. Redness and perifollicular edema (bumps around hair follicle) are common and will resolve with time.
- The laser destroys only hair roots that are in the active growth phase. For best results, a minimum of 6-10 treatments is needed for effective results.
- Hair reduction will not be immediately noticeable. Affected hairs will typically release from the body within 1-3 weeks. Until this time, hairs may appear to continue growing and feel more coarse than usual until the body is able to expel them.
- Do not wax or pluck between treatments.

Recommendations for scheduling your Evolve Med Spa Laser Hair Reduction Treatment

Regardless of the treatment area, 6-10 sessions are recommended to achieve a 80-90% hair reduction.

- Facial hair and underarm hair reduction: 1 treatment every 6-8 weeks for 6-10 treatments total.

- Legs and back hair reduction: 1 treatment every 10-12 weeks for 6-10 treatments total.
- All other body hair reduction: 1 treatment every 8-10 weeks for 6-10 treatments total.
- After the above is completed, we recommend a yearly maintenance treatment to maintain your results.
- Maintenance treatments may be required every 12-24 months to treat follicles that were dormant. The number of treatments needed depends upon the amount and character of the hair. Hormonal changes may also affect new hair growth.