



# Candela ND-Yag and Laser Hair Reduction

## What to Know

- Candela ND-Yag and laser hair reduction is one of the most commonly done cosmetic procedures in the U.S. and is intended to effect stable, long-term, or permanent reduction through selective targeting of melanin in hair follicles.
- The Laser / IPL is a device that produces an intense but gentle burst of light. This light is absorbed by and causes selective heating of certain cells in your unwanted lesion. Lesions most commonly fade slowly over time as these destroyed cells are eliminated by normal body processes.
- Pulses selectively target dark, coarse hairs while leaving the surrounding skin undamaged.
- Candela ND-Yag and laser hair reduction may result in following the laser treatment redness, swelling, discomfort, bruising, and discoloration may develop at the treatment site. I understand that any discoloration may last 7-14 days and swelling should resolve within several days. Discomfort may be treated with the application of cool compresses or topical soothing agents.
- Skin type is important for laser hair removal and the nurse will adjust the settings accordingly.
- The number of treatments to see results varies between individuals. We cannot guarantee that all hair will be gone with a certain number of treatments, rather, we can advise you based on your skin color, skin type, etc. Some people need up to or more than a year's worth of treatments.
- Please understand that complete clearing may not be possible and will depend upon the type, age and color of the lesion. Multiple treatments may be needed for the best results.

## Pre-Treatment

- NO waxing, plucking, threading, or depilatory creams for at least 6 weeks prior to treatment. The hair follicle needs to be present for IPL/ laser treatment to work.
- Avoid sun exposure for at least two weeks both before and after treatment. The more sun exposure you have, the less effective treatments are. Also, be sure to always use sun block.
- Please shave, using a razor or trimmer, the day of or the night before treatment. Treatments are most effective when the hair is trimmed closely to the skin.
- Report any medications, including antibiotics (which may cause photosensitivity), to the nurse.
- Report all health conditions as they may affect treatment or results.
- Report to your clinician if you had any redness, swelling or irritation after the last treatment.

## During Treatment

- Take off all make-up or deodorant in the area to be treated. Baby wipes will be provided for your convenience.
- Eye protection should be worn at all times.
- A cryogen spray skin cooling device may be used during the procedure to decrease discomfort and protect the skin.
- Some have described the feeling of treatment as painless or that it feels similar to a rubber band snap.
- Talk with your clinician to determine when your next appointment should be made. It may vary in weeks depending on the hair cycle and the amount of treatments completed.

We thank you for your business. Please call us with questions or concerns.

Hulya's Aesthetic & Wellness

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### **After Treatment/ Discharge**

- Avoid sun exposure both before and after treatment. The more sun exposure you have, the less effective the treatments are.
- Normal activities may be resumed immediately.
- Hydrocortisone (anti-itch) cream or aloe vera is recommended if there is any inflammation or redness and an antibiotic ointment or cream may be applied if the treated area is sensitive.
- Hair loss happens in stages. Patches may appear and eventually lead to larger bald spots that transition to greater reduction.