



# INFORMATION PACK

## **What is laser super hair removal?**

It is a revolutionary new method of permanent hair reduction that is virtually pain and side effect free. In comparison to other dated lasers and IPL methods, SHR provides faster, safer and pain free hair reduction treatments. IPL uses a single intense pulse of energy that targets the melanin within the hair. This makes it effective on dark and coarse hair, however, has little effect on finer hair. People with a higher melanin count, or those with a darker skin tone, will have more uncomfortable sessions as their skin will absorb more heat energy.

SHR uses a mild pulse of energy at a higher frequency, so the skin is heated gently. Only 50% of the energy is targeted at the melanin, making the hair lighter and less coarse. The other half of the energy targets the stem cells responsible for hair production, giving the hair two points of reduction. Both coarse and fine hairs are targeted, and the removal process is more thorough, with a greater success rate.

## **Does it hurt?**

No, it is virtually pain free.

## **How many sessions will I need?**

Everyone's hair growth is different, and it will depend on several factors such as hormones and age. This makes it impossible to know how many sessions individuals will need.

## **How long apart are the sessions?**

We recommend every 4 weeks, as this is the average hair growth cycle. The aim is to catch the hair early in its growth cycle, within the ANAGEN phase, this way we get the best results possible.

## **Can I have SHR when I'm tanned?**

Yes, SHR is suitable for all skin types and hair types.

## **Can I wax in between sessions?**

No, as this will stimulate hair follicles. You can however shave to remove unwanted hairs. I recommend shaving the treatment areas 12-24 hours prior to your session. A clean shave with a sharp razor is vital to avoid the laser targeting longer hairs. We want the power to work on the follicles and the hair within it.

## **Is it permanent?**

SHR laser is permanent reduction of hair growth cycles creating sparseness, thinning of hair and slowing down regrowth, making hair management effortless.

## **Will SHR help with ingrowing hairs?**

Yes, SHR laser hair removal doesn't give stubborn hair a chance to grow back sideways or curl itself. It will help to improve your skin to, bonus!

## **Will I need top up sessions?**

Yes, everyone will require top up sessions. The time between top up sessions will vary for individuals.

# AfterCare for SHR Laser Hair Removal

## SHR Laser Hair Removal

Taking care of the skin that is going to be treated is important for your safety and comfort, as well as to ensure the treatment is as effective as possible.

Two weeks after your session, your skin will be beautifully smooth, any hair regrowth will be noticeably slower, and you'll wonder why you waited so long to try laser hair removal!

### Pre-care

Prior to arriving for your treatment session;

- The treatment area should be shaved at least 12-24 hours prior to treatment.
  - Wear loose-fit clothing on the day.
  - Avoid alcohol or smoking the evening prior and day of the treatment.
- Drink at least 1 litre of water the day before and the day of treatment - this helps your body to regulate its temperature.
- Arrive early to your appointed time, so that you are more relaxed once the treatment starts.
  - Do not exercise just before the treatment.
- Avoid applying any products on the treatment area and keep it dry and clean prior to the appointment.
- Do not expose the skin to excessive UV light (sunlight or sunbeds), or apply any self-tanning products for 8 weeks prior to treatment.

### After Care

- Avoid heat treatments such as spas, steam rooms and saunas for a minimum of 48hrs.
  - Avoid excessive scrubbing or applying pressure to the skin for 48 hrs.
    - Avoid shaving the treated area for 48 hrs after treatment.
      - Avoid exercising for at least 48 hrs.
    - Avoid hot baths and hot showers for 48 hrs.
  - Avoid anything that involves chlorine (e.g. swimming) for 48 hrs.
    - Avoid make-up on the treated area for at least 48 hrs.
  - Avoid the application of perfumed products or bleaching creams for 48 hours.
    - Avoid scratching the treatment area, as this can cause scarring.
- Avoid waxing, tweezing, and threading for the complete duration of the treatment course.

### What to do after your treatment and between sessions

- Do apply an ice-pack on the treated area to reduce pain, discomfort or irritation.
- Do apply Aloe Vera gel or calming creams for 3 days after the treatment.
- Do wear loose clothes to avoid friction on the treated area for 48 hrs.
  - Do keep treated area clean and dry for 48 hrs.
  - Do drink plenty of water.
- Do use at least SPF 50 sunscreen with Zinc for at least 2 weeks.

# AfterCare for Virginal HIFU Treatment

## Do's, don'ts and what to expect

- Avoid sexual intercourse for at least 7 days.
- Avoid the use of tampons for at least 7 days.
- Avoid heat treatments such as sunbeds/saunas for at least 7 days.
  - No swimming for 7 days.
  - No intimate waxing for 7 days.
- Do not ride a bike or horse for at least 7 days following your treatment.
  - Avoid hot baths or douching for at least 7 days.
  - Ensure to drink plenty of water.
  - Avoid heavy exercise/activity for 48 hrs.
  - Avoid eating hot and spicy foods.
- Do not take aspirin or any other anti-coagulant medication.
- Normal cleansing regimes can be resumed after 24 hrs although avoid using scented or perfumed products.
- Allow 2 weeks between IPL treatments if being performed on the same area.
- The treated area may exhibit erythema (redness) immediately following the treatment, however, will typically resolve within a few hours.
- The treated area may exhibit mild oedema (swelling) following the treatment however, this typically resolves within 3 to 72 hrs.
  - Momentary discomfort may be experienced during the procedure.
- Post procedure discomfort (described as menstruation/ache pains as the muscles contract) will typically resolve within a few days.
- Tenderness to the touch is also possible and typically subside within 2 days to 2 weeks.
- Mild bruising may occur due to damage of the blood vessels in the soft tissues. This will subside within 2 days to 2 weeks following treatment.
  - Post procedure clients may experience a surge in vaginal moisture and discharge. However, this is temporary and should only last a few days.

# Side Effects Cryolipolysis

Following the procedure, typical side effects include redness, swelling, bruising, tingling, tenderness, cramping, aching, itching or skin sensitivity. With the treatment of the submental or submandibular area, the sensation of fullness at the back of the throat is common.

## **Bruising**

Bruising can occur in a treatment area. This is caused by the suction pressure that holds the device in place over the fat pocket. The areas that bruise more easily are the flanks, back and chin. Any bruising will subside over 3 – 14 days after your treatment and we recommend the use of topical arnica cream to help with bruising.

## **Localised and temporary numbness**

During the procedure, the treated area will go numb. This is caused by exposing the fat tissue to the cold temperature. The numbness can last anywhere from a few hours and up to a few weeks, however, most clients report that sensation returns after 24 hrs.

## **Redness**

On completion of the treatment and after removing the device from the fat pocket, the area will be visibly red which is caused by exposure to the cold temperature. Normal skin colour will return over a period of 48hrs.

## **Mild swelling**

Clients have reported some mild swelling in the treated areas, which will quickly subside. Gentle self-massage can help to reduce swelling should it occur.

## **Freeze burn**

A freeze burn is a contact burn that can occur if your skin comes into direct contact with the device during the procedure. This is a rare complication of Cryolipolysis. To minimise the risk of a freeze burn occurring, it is important that a protective membrane is placed onto your skin to act as a barrier between your skin and the device. Should you experience a freeze burn, we recommend you contact the clinic where you received the treatment immediately. They will be able to help you manage and treat the burn effectively.

## **Post-Inflammatory hyperpigmentation**

A rare complication with a 'Fat Freeze' treatment is post-inflammatory hyperpigmentation (PIH). PIH is caused by inflammation or damage to the skin and can be seen as a discoloured or darker patch of skin. It is more common in darker skin tones. Should you experience PIH, please be assured that this will resolve on its own over time or there are a variety of topical treatments that can be applied to lighten the discolouration.