



### What if I'm tan or have darker skin?

A tricky part of laser hair removal is targeting the hair follicle without damaging the melanin pigment in the surface of the skin. Different lasers are used for different skin types. At Aura, we have lasers for all skin types. If you are tan, please advise us ahead of time so we can make sure you are booked with the safest laser for your skin type. If you are using self tanners, we will not be able to treat you. Please reschedule your appointment.

### How does laser hair removal work?

The laser is attracted to the pigment contained in the hair follicle (white, gray, blonde or red hair does not work). Heat from the laser is absorbed into the follicle and destroys the cells lining the follicle. Over time, the follicle reduces in size and function dramatically.

### Why do I need multiple sessions?

Multiple sessions are required for laser hair removal because your hair grows in cycles. Laser hair removal is effective when treatments are performed during the hair's active growth phase. This is typically every 4-8 weeks, the duration between treatments.

### Is the hair gone forever?

Laser hair removal is accomplished through a series of multiple sessions. The average number of sessions to achieve over 80 percent permanent hair reduction in a good candidate is 6 sessions. Maintenance sessions may be required for some patients. Many patients find that maintenance sessions done once or twice a year after completing the initial treatment protocol is ideal for keeping the hair away.

### How immediate are the results?

Results can be seen immediately after a treatment. However, permanent hair reduction will not be long-term until a series of treatments have been performed. Everyone will need at least 6 sessions to see good results.

### Who performs laser hair removal?

At Aura, we have physicians, physician assistants, nurse practitioners and registered nurses that perform our laser treatments. Our medical staff have years of experience and have treated thousands of patients.

### How do I prepare for treatment?

The best way to prepare for laser hair removal is to not wax or tweeze the hair. The hair follicle needs to be in place for the process to work. You may be asked to shave the hair a day before or the day of your treatment depending on the area being treated. We ask patients not to tan or use self-tanners.

### What happens after the treatment?

Typically, the hair on the surface of the skin is singed immediately after a treatment. The hair follicle is also damaged and swells up. The treatment area can become temporarily pink or red. This only lasts minutes to hours. There is no down-time and you can resume your daily activities immediately.



## Preparing For Your Treatment

It's important to follow our pre-treatment instructions to ensure a successful first treatment at Aura.

Please avoid sun exposure before your treatment. If you are tan, please inform us immediately.

Shave the area to be treated 1 day before your scheduled treatment. If you are having facial areas done, you can trim or cut the hair.

If you are having the bikini area treated, please shape the bikini how you would like it to look before the laser treatment. If you are upgrading your bikini treatment here are the different types of bikini:

**Standard Bikini** - Whatever falls outside a swim suit.

**Extended Bikini** - Goes in deeper. Leave a strip.

**Brazilian Bikini** - Leave a strip or bare it all. Also includes the back side.

Patients with a history of Herpes Simplex are advised to take Valtrex, a prophylactic medication to keep sores from starting after a treatment. Please be aware that herpes is a light sensitive condition, and a laser treatment may trigger an outbreak. Please advise Aura before your treatment and we will call in a prescription to your pharmacy.

### Numbing Cream

Numbing Cream is available for patients that are having laser on the bikini area for discomfort. Please advise Aura when booking your appointment and we'll call in a prescription to your pharmacy.

Applying numbing cream - Please apply a thick layer to the area being treated (approx 1/3 of tube for bikini) ONE HOUR BEFORE your treatment. Cover area with saran wrap to keep intact on the skin.

### Cancellation Policy

Please call us 24 hours in advance if you need to reschedule your appointment.

## After Your Treatment/What To Expect

Immediately following the treatment, the skin will appear red and rashy for minutes or hours. Some patients may have welts that should resolve within 24 hours. Skin reaction is different for each patient and redness may last longer than 24 hours due to sensitive skin.

The treatment area will be sensitive for a couple days. Please avoid very hot showers, hot tubs and saunas.

Do not use exfoliating scrubs or loofah the area for 3 days following the treatment. After 3 days, you may return to your normal skin routine.

Following the procedure, the dead hair that remains under the surface of the skin will be "pushed out" over the course of 2-3 weeks. This is not hair re-growth. Exfoliation may help to quicken the release of this hair.

Some patients experience "itchy" skin following the treatment. The use of a 1% hydrocortisone cream or aloe vera gel will help to alleviate the itchiness. If you are acne prone, do not use hydrocortisone on the face.

Avoid sun exposure before and after treatment. When in the sun, use sun block of SPF 30 or higher at all times.