

PRE TREATMENT ADVICE

To ensure your skin is correctly prepared for Laser Hair Removal it is important to follow the pre treatment care plan. Please take the time to read the below carefully:

- The laser we use is the very latest Lumenis LightSheer Desire Diode Laser which is able to effectively treat all skin types and hair colours, with the exception of grey.
- Here at CALVEO our clients come first. Before any treatments are carried out we have a 45–60 minute sit down consultation with every client to determine individual requirements and expectations. During this consultation a patch test is carried out. (There is a £30 consultation fee, which is deducted from a treatment course once booked).
- Avoid active sun exposure for 4–6 weeks prior to starting treatment. If your skin has been actively exposed to the sun it does not respond in the same way as your naturally pigmented skin. We also recommend that fake tan is not used for 4 weeks prior to treatment.
- We ask that the hair in the area to be treated is visible for the first consultation. This enables us to determine the optimum settings for your treatment plan. After the initial consultation please shave the area 1–2 days prior to each treatment session.
- Please remove all make up, creams and jewellery in the area to be treated prior to your visit.
- For bikini and underarm treatments please wear white underwear if possible, (we can provide disposable bikini bottoms if required).
- Should you be taking any medication please bring it along with you so we can check for any contraindications before commencing a patch test or treatment.

We are always happy to help, and should you have any concerns our team can be contacted directly at contactus@calveo.co.uk or 01572 490950.

AFTER CARE ADVICE

Thank you for visiting us today. Please take the time to read the following aftercare advice carefully:

- It is normal to experience some redness after the treatment, (mild erythema/edema). This should normally disappear within 2–12 hours.
- Please ensure that direct exposure of treated areas to the sun is avoided. When outdoors protect treated areas by using a complete sun block (factor 30–50). Ideally the area should not be exposed to direct sunlight until your course of treatment is complete and you are satisfied you will not be having further treatment to that area.
- Avoid deodorants/perfumes/perfumed creams on treated areas. CALVEO recommend a good skin care regime after treatments. A soothing non perfumed moisturising cream is ideal. We are happy to advise on a cream suited to your skin type and have a range of products at the clinic.
- Avoid hot baths, showers, saunas, hot tubs and excessive exercise for 48 hours.
- Mineral make-up (which is easy to remove) may be applied if the skin is not harmed.
- It is expected that treated hair roots will fall out in between treatments. It is best not to pluck the hairs as this can cause additional irritation. Instead gentle exfoliation is recommended.
- Between sessions, please refrain from mechanical trimming (waxing, tweezers, electrolysis, electric epilator). Shaving is fine.

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