

LASER HAIR REMOVAL PRE & POST TREATMENT CARE

How to Prepare for Candela GentleMax Pro Laser Hair Removal

For the best results and to minimize side effects, follow these steps before your treatment:

- **Avoid Sun Exposure & Tanning** – Stay out of direct sunlight and skip self-tanners for at least **2-4 weeks** before your appointment to reduce the risk of burns or pigmentation.
- **No Waxing, Plucking, or Threading** – The laser targets the hair root, so **leave the hair intact**—shaving is fine, but avoid other hair removal methods for at least **4 weeks** before treatment.
- **Shave the Area 24 Hours Before** – This ensures the laser focuses on the follicle beneath the skin, not the hair above the surface.
- **Skip Active Skincare** – Avoid **retinoids, AHAs/BHAs, vitamin C, and exfoliants** on the treatment area **5-7 days** before your session.
- **Come with Clean Skin** – No makeup, lotion, deodorant, or skincare products on the area being treated.
- **Tell Your Therapist About Medications & Medical History** – Some medications and conditions can affect treatment safety and effectiveness.

Following these steps helps ensure a **smooth, safe treatment** and **better long-term results**.

Immediately After Treatment

Taking care of your skin after treatment helps prevent irritation and enhances your results.

- **Redness & Mild Swelling** – The skin may look slightly red or have small bumps (like a mild sunburn). This usually **subsides within a few hours to a couple of days**.
- **Apply Soothing Gel** – To calm and take the heat out of the skin. This can be applied liberally for 3-5 days or until the skin has returned to its pre-treatment state.
- **No Touching or Scratching** – Avoid rubbing, picking, or using harsh products.

What to Avoid (First 24-72 Hours)

- **Heat & Sun Exposure** – No hot showers, saunas, or direct sun exposure. Keep the area cool. Avoid sun for 2-4 weeks.
- **Heavy Workouts** – Excessive sweating can irritate the skin. Keep it light for a couple of days.
- **Active Skincare** – Avoid **retinoids, exfoliants (AHAs/BHAs), and vitamin C** until your skin is calm.
- **Tight Clothing** – Wear **loose, breathable fabrics** to avoid irritation in treated areas.

Long-Term Care for Best Results

☀️ **Sunscreen is Essential** – Use **SPF 50+ daily** to prevent pigmentation and protect your results.

🧼 **Exfoliate Gently** – After about a week, light exfoliation can help **shed treated hairs** faster.

⌚ **Hair Shedding is Normal** – Treated hairs **fall out gradually** over **1-3 weeks**—this is part of the process.

Most people need **6-8 sessions** for **long-term hair reduction**, with maintenance treatments as needed.