

# LASER HAIR REMOVAL EXPECTATIONS SHEET

## WHAT TO EXPECT AFTER EACH TREATMENT

### TREATMENTS 1-3

#### NORMAL RESPONSES YOU MAY EXPERIENCE

- Slower regrowth
- Softer hair
- Slight patchiness in regrowth
- Redness and/or mild swelling
- Acne-like breakouts

***Note:** It is important to have patience in the beginning of your treatments. Your first few visits will show some reduction, but multiple treatments are the key to successful hair reduction.*

### TREATMENTS 4-9

#### NORMAL RESULTS YOU MAY EXPERIENCE

- Significant reduction
- Texture and regrowth of hair will be different
- Slight patchiness in regrowth
- Redness and/or swelling
- Common to have stripes and patches of regrowth
- Your intervals will be adjusted during this time depending on your Active Surge

***Note:** Some clients can experience a growth pattern when all of the hair seems to be in a growing phase. Don't be alarmed! Stay consistent with your intervals and communicate the results with your technician.*

### TREATMENTS 10+

#### NORMAL RESULTS YOU MAY EXPERIENCE

- Significant reduction
  - Texture and regrowth of hair will be minimal with regrowth being extremely fine
  - Redness and/or mild swelling after each treatment
- Note:** It is in this timeframe that customers should be seeing noticeable results. Minimal regrowth between treatments with hair that appears finer, lighter and more sparse.*

**After each treatment**, you might experience minor side effects such as swelling and itching, which usually lasts only a few hours. **The targeted hair may feel very thick and look like it is growing back but it is just coming through the skin to shed.** Shedding usually starts about **7 to 14 days post-treatment** and **can last up to a month**. Exfoliating or scrubbing gently with a physical exfoliate can help speed up the shedding process. After shedding finishes, **you may see little black dots still stuck in the follicle**. These are commonly referred to as 'pepperspots' and will eventually shed over a longer period of time.

Remember that **any medication or lifestyle changes**, including but not limited to physical activity, sun exposure, etc., **may affect results**. **Make sure to report those changes to your technician**. It is important you follow the recommended protocol to have safe and effective treatments.

# LASER HAIR REMOVAL & ACTIVE SURGE

## What are the phases of hair growth?

There are three phases of hair growth: Anagen - Growth phase | Catagen - Shedding phase | Telogen - Resting phase. The only phase where laser hair removal is effective is the Anagen phase when your hair is actively growing.

## What is Active Surge?

The **Active Surge** is when your hair transitions into the Anagen phase and can last 18 weeks to 4 months on the body and 4-6 weeks on the head and scalp and is different for every body. The reason why we focus on the **Active Surge** is because we want you to have most effective treatments possible. By scheduling your appointments for the Anagen phase, your treatments will be more efficient and effective.

## Why does knowing about Active Surge matter?

A common myth in laser hair removal is that more treatments mean more effectiveness. Laser hair removal is only effective when hair is in the Anagen phase. The **Active Surge** is the first indication that your hair is in the Anagen phase.

## How to identify Active Surge?

**Active Surge** is easily identified by resistance from the hair against sheets, clothing, shaving, and to the touch, which can cause razor burns, ingrown hairs and irritation from hair follicles.

## Shedding and Active Surge

Some people may confuse shedding with the **Active Surge**. After treatment, it is common to see a “surge” of hair growth, but if you were to pull on the hairs, they would come out with mild exfoliation. When you are in the **Active Surge**, there will be tension when you pull on the hair signaling that your hair is actively growing.

## When to notice Active Surge

You should start to notice an **Active Surge** after your appointment (3-5 weeks after face and neck, 6-9 weeks after body). If you are scheduled for an appointment but have not noticed the **Active Surge**, you should call and reschedule your next appointment so that your treatment is most effective.

Area(s)	Active Surge Date	Notes