

LASER Therapy with MySkin UK

How to prepare for your treatment: what to expect and Aftercare guidelines for LASER. [FAQ]

Why choose Laser Hair Removal and Skin Resurfacing with MySkin UK?

- Our device is **Medical CE grade** which meets the legal General Safety and Performance Requirements (**GSPR**) of all relevant European Medical Device Regulations, including environmental health requirements.
- Thorough, in depth knowledge of Laser Therapy and Laser Skin Resurfacing.
- Provides great, proven results.
- Gentle on all skin types.
- Offers Painless treatments.
- Works on Fitzpatrick (medical classification) skin types 1-5.
- Can treat skin all year round.
- Offers life changing results that provide patients with confidence in their skin.
- Multiple treatment options from Hair Removal, Skin Resurfacing and Vascular Therapy.

Pre-treatment instructions

Do I need to shave before my Laser Hair Removal treatment and how does it work?

Yes. Before your first full Laser hair removal treatment, you will need to shave the treatment area.

The practitioner will provide you with a clean, unused and sterile razor at your appointment to gently dry shave the area.

Shaving the area beforehand prevents energy being wasted on the part of the follicle above the skin, thereby maximising the effectiveness of the treatment.

Laser light converts to heat in the hair, which travels down the follicle to destroy the hair papilla and stop it regrowing.

Why do I need a Consultation?

Some treatments aren't suitable for everybody, so before we perform any Laser treatments, we carry out a full consultation.

This is to make sure there are no health, medical or treatment-related reasons why you might not be able to have your desired treatment.

During our consultations, we fully explain:

- The treatment process
- Any risks and
- What you can expect in terms of results.

You also have the opportunity to ask any questions that you may have about the treatment.

What is a patch test?

After your laser treatment consultation, we perform a quick patch test on the intended treatment area. In rare instances, some people will have an adverse reaction to the intense light of the laser, so we always patch test just to make sure your skin is happy with the treatment.

So long as there is no reaction, you will be able to have your full treatment at your next appointment.

Does Laser Hair Removal hurt?

No, Laser hair removal doesn't hurt. We use the most advanced medical grade technology to provide our clients with quick and effective treatments that are safe and painless.

For most treatment areas, Laser hair removal feels like a slightly warm sensation as the Laser light interacts with the hair and skin.

Sensitive areas may feel a little warmer and tingly but are still very comfortable treatments. You will be able to experience the sensation of Laser hair removal when you have your patch test.

Why does Laser Hair Removal require multiple treatments?

Hair follicles can only be destroyed by Laser during the hair's 'growth phase', and around 30-50% of your hair will be in this phase at any one time. So a course of approximately 8 treatments is typically required to be hair-free.

How Long do I need to wait between Laser Hair Removal treatments?

The time between your laser hair removal treatment sessions depends on the location of the hair and how quickly it typically grows.

Facial treatments should be performed at intervals of 4-6 weeks, whereas body treatments should be at 6-8 week intervals. Keeping treatments on the correct timeline helps ensure optimal results at the end of your treatment.

Can I wax between Laser Hair Removal Treatments?

No. If you are a regular waxer, you will need to stop at least 6 weeks before and throughout your course of treatments. Waxing removes the entire hair follicle, which we need for Laser hair removal to reach and destroy the hair papilla at the base of the follicle.

You can still shave between treatments but, at the end of your treatment course, you will never have to wax or shave that area ever again.

Can you have Laser Hair Removal over a Tattoo?

Laser hair removal cannot be performed over a tattoo as this would be very painful. It would damage the tattoo and would likely cause injury to the skin.

If you are planning to have a new tattoo on an area you regularly shave or wax, we recommend making the area permanently hair-free first which will also make your tattoo stand out better without any hair in the way.

Can you help treat Thread Veins?

Yes. We can selectively target and break down superficial vascular lesions such as small broken capillaries that appear on the skin as thread veins.

Over a course of 4-6 treatments, the thread veins will shrink and fade away, leaving your skin clear of vascular blemishes.

What is Laser Skin Resurfacing good for?

Laser skin resurfacing is a proven way to help reduce:

- Wrinkles & Fine Lines
- Stubborn age spots
- Acne Scars
- Pigmentation
- Other facial blemishes
- Tightening and Balancing Tone

Can I have Laser Treatments if I am Pregnant?

If you are already pregnant, it is not advised to seek Laser treatment. It is best to wait

before you are able to have a Laser treatment.

Natural hormonal changes during pregnancy can cause areas of increased hair growth or pigmentation, so your treatment could be less effective and not achieve the best results for you.

We recommend waiting until after you have finished breastfeeding.

Can I Tan between Laser Hair Removal Treatments?

It's important to avoid direct tanning for 2-3 weeks before and after each Laser or IPL treatment session.

Natural or fake tanned skin can increase your risk of an adverse reaction to your treatment and cause hyperpigmentation on the skin.

If it's sunny out, don't over-expose your treatment area to UV rays and make sure you wear a good sun protection factor with a minimum protective value of (SPF30+).

Post-treatment instructions

In order to achieve the best results possible, it is important that you read and understand the accompanying aftercare instructions.

Your Advanced Aesthetic practitioner will discuss the required post treatment protocols with you following treatment; these instructions must be adhered to as advised by your Advanced Aesthetic practitioner.