



CANDELA® GentleMAX PATIENT INSTRUCTIONS

PRETREATMENT INSTRUCTIONS

1. Avoid the sun 4-6 weeks before and after treatment.
2. If you are tan or have a darker skin type, a bleaching regimen may be started 4-6 weeks before treatment. **TAN SKIN CANNOT BE TREATED!** If treated this may result in hypopigmentation (white spots) and this may not clear for 2-3 months or more. Also, the use of fake tans **must** be discontinued one week before treatment exfoliate well to remove the remainder coat.
3. You **MUST** avoid bleaching, plucking, waxing, and threading/epilating your hair for 6 weeks prior to treatment.
4. Please ensure you shave the selected area the night before you attend your appointment.

POSTOPERATIVE TREATMENT CARE

1. Immediately after treatment, you may experience erythema (redness) and edema (swelling) at the treatment site, which may last up to 2 hours or longer. The erythema may last up to 2-3 days. The treated area will feel like sunburn for a few hours after treatment. The application of ice during the first few hours after treatment will reduce the discomfort and swelling that may be experienced.
2. We recommend only aloe vera gel or ice after the treatment. Darker pigmented people may have more discomfort than lighter skin people and may require the aloe vera gel for 3- 4 days.
3. Makeup may be used immediately after the treatment unless there is epidermal blistering. It is recommended to use **NEW** makeup to reduce the possibility of infection (mineral make up is better to use).
4. **Avoid sun exposure to reduce the chance of hyperpigmentation or darker pigmentation.** Use sunscreen (SPF 25 or greater) at all times throughout the course of treatment.
5. Avoid plucking or scratching the treated skin. **Do not use** any other hair removal treatment products or similar treatments (**waxing, electrolysis or tweezing**) that will disturb the hair follicle on the treatment area for 4-6 weeks after the laser treatment is performed. Shaving can be done between sessions or depilatories may be used one week after treatment but **MUST STOP** one week before the next treatment.
6. Call your physician's office with any questions or concerns you have after the treatment.
7. Anywhere from 5-14 days after the treatment, shedding of the surface hair may occur and this appears as new hair growth. This is **NOT** new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or Loofa Sponge.
8. After the underarms are treated **DO NOT USE** deodorant, for 24 hours after the treatment to reduce skin irritation.
9. There are no restrictions on bathing except to treat the skin gently, as if you had sunburn, for the first 24 hours.