

## CONGRATULATIONS...you've chosen laser hair removal with BAREit, the ultimate personalized experience for all skin types.

Patients love BAREit because of its speed and versatility. Using a high-powered diode laser, BAREit treatments can be performed in just minutes! With 3 unique wavelengths it's designed to adapt to your specific hair and skin type for a safe and effective treatment any time of year.

### What to Expect & What You Should Do:

#### FEELING OF WARMTH:

- What to expect:** The treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment.
- What to do:** Apply ice that has been wrapped or gel packs to the treatment area for ten and fifteen (10–15) minutes every hour for the following four (4) hours, as required, Never apply ice directly to the skin. You may take an oral anti-inflammatory or an analgesic to ease discomfort. Always follow the manufacturer's directions when taking medication.

#### REDNESS (ERYTHEMA):

- What to expect:** Redness is normal and typically subsides in two or three days.
- What to do:** Allow skin to heal and don't put further stress on your skin. Use gentle cleansers and keep skin moisturized and out of the sun. Avoid the following:
- Swimming, particularly in pools containing chemical products
  - Jacuzzis and saunas
  - Activities that lead to excessive sweating or any activity that can elevate core body temperature
  - Vigorous scrubbing or the use of exfoliants in the treatment areas

#### SWELLING (EDEMA):

- What to expect:** Minor swelling immediately after treatment is normal and typically subsides in two or three days.
- What to do:** Apply ice that has been wrapped or gel packs to the treatment area for ten and fifteen (10–15) minutes every hour for the following four (4) hours, as required, Never apply ice directly to the skin.

#### HAIR REGROWTH:

- What to expect:** You may notice what appears to be hair growth for 7–30 days following your treatment. This is not new hair growing, but treated hairs being shed from the skin.
- What to do:** It's important to understand that your hair grows in phases. Hairs that were in the resting (telogen) phase when the treatment was performed may enter the growth (anagen) phase in one to six (1–6) months, depending on the area of the body they are located in. Discuss with your provider and book your follow-up treatments accordingly.

## PRACTICE INFORMATION

Learn More  
about BAREit

