



## **GentleMax Patient Information**

### **What is the GentleMax and what is it used for?**

The GentleMax Laser System is a combination of an Alexandrite and a YAG laser. This combination enables us to treat all skin types for hair removal.

### **How often should I have treatment, and how many will I need?**

GentleMax treatments for hair removal are patient specific depending on the hair type, colour and the desired outcome. On average it has been found that 6-9 sessions are needed to see a significant reduction. These sessions should be spaced 4-6 weeks apart. Depending on the area and hair type, the number of sessions may be increased or decreased.

### **What results can I expect?**

It is important to understand that while results are long-lasting, it cannot be guaranteed that results are permanent. Factors such as hormonal change, pregnancy, menopause and HRT as well as other medications can cause hair regrowth. Due to the different cell cycles we cannot guarantee that all hair follicles can be treated.

### **What will I look like?**

While there is no downtime the skin can remain slightly red with minor swelling to the area 24-72 hours post treatment. Normal daily activities may be resumed immediately post treatment. Recommended aftercare advice will be given after each treatment to help to achieve the best results possible and to minimise complications.

### **Pre Treatment information**

Sun exposure should be avoided 2 weeks prior to treatment as well the use of fake tan.  
The use of retinol in the treatment area should be discontinued 5 days prior to treatment.  
Please avoid waxing, plucking or bleaching the hair 2-4 weeks prior to treatment.  
Please shave the area to be treated 2 days prior to treatment while leaving a small area of unshaven hair for your clinician can assess.

### **How much will it cost?**

As each patient and their concern differs, pricing of each treatment can only be established after a consultation to assess the hair, size of the area and severity of the concern

### **Need more information?**

Please call **0207 034 5999** or email [info@phiclinic.com](mailto:info@phiclinic.com) if you would like further details about your treatment, or to schedule for an appointment.

### **Laser Hair Removal Aftercare Advice**

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications

- It is advisable that patients avoid exposure to the sun during laser treatment for the following reasons:  
Laser exposure increases photosensitivity  
Tanned skin can increase the chance of burning during treatment
- If you should go out in the sun, a minimum of SPF 30 is recommended and should be applied regularly.
- Avoid using perfumed skincare and exfoliating products in the treated for 48 hours.
- If you encounter minor inflammation or irritation in the treated area, Aloe Vera or Vaseline is recommended.
- Should you need to apply makeup after treatment, mineral makeup is recommended although it is advised to leave the treated area free from make up for 24 hours post treatment.
- Refrain from strenuous exercise, sauna and steam rooms for 24 hours post treatment.

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**. Alternatively, you can email us at **[info@phiclinic.com](mailto:info@phiclinic.com)**