



GENTLEMAX

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: JUNE 2023

PHI CLINIC, 102 HARLEY STREET,
LONDON, W1G 7JB

TEL: 020 7034 5999

GENTLEMAX INFORMATION

WHAT IS THE GENTLEMAX AND WHAT IS IT USED FOR?

The Gentlemax Laser System is an Alexandrite laser and a Yag laser combining two different wavelengths which is used for hair reduction as well as treatment of sunspots.

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 depending on the desired result which will be advised to you during a consultation.

Treatments for sunspots will vary from each individual, typically a minimum of 3 sessions could be needed in combination with topical skincare.

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.

Pigmentation can fade significantly but may not disappear completely. Topical skincare may be introduced to improve your results further. Sun exposure will always cause pigment to return.

WHAT WILL I LOOK LIKE?

Initially the skin will remain red for up to an hour after treatment and may be hot to the touch. 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.

Pigmentation treated will initially become darker before crusting and flaking away.

PRE TREATMENT INFORMATION:

Sun exposure to the area of treatment is a contraindication and so should be avoided 4 weeks prior to treatment. Fake tan is also contraindicated and should not be applied to the intended treatment area for 2 weeks pre-treatment. The use of retinol and other exfoliating ingredients in the treatment area should be discontinued 3 days prior to treatment. For hair removal please avoid waxing, plucking or bleaching the hair 2-4 weeks prior to treatment. Please shave the treatment area 2 days prior to treatment while leaving a small area of unshaven hair that your clinician can assess. Taking any anticoagulant medications can cause bruising to the treatment area and so delay the healing process. Please inform your clinician if you are taking any medications as some medication can make the skin more sensitive to light and may be a contraindication to treatment. Cold sores to the treatment area are a contraindication to treatment due to the risk of spreading the virus, if you have a cold sore and are scheduled for treatment please contact the clinic to postpone your treatment. Please remove all make up including eye make-up prior to arriving at the clinic. You will have a sunburnt like appearance on the skin following treatment. Make-up cannot be applied to the treated or surrounding area for 12 hours following treatment. Please allow for this before booking treatment to ensure complications are reduced.

If you have not had laser treatment within the last 6 months, a new patch test is required before laser can commence.

HOW MUCH WILL IT COST?

As each patient and their concern is individual and unique pricing of each treatment can only be established after a consultation to assess the area, size and severity of the concern.

NEED MORE INFORMATION?

Please call **0207 034 5999** or email **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 which can result in burning. Tanned skin can increase the chance of burning during treatment
- If you should go out in the sun, a minimum of SPF30 is recommended and should be applied regularly.
- The use of perfumed skincare and products in the treated area should be avoided 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 based makeup is recommended although it is advised to leave the treated area free from make up for 24 hours post treatment.
- In the unlikely event that you burn or blister as a result of treatment, opening a Vitamin E capsule and applying liberally to the area will aid healing and soothe the area. Apply 3 times daily and avoid exposure to the sun.

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have been administered any medication pre or during this 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**