



Laser Hair Removal Pre and Post Care

Pre-Treatment Instructions

- Please shave the area to be treated within 24 hours of your planned treatment.
- Use a broad spectrum SPF 30 (or greater) sunblock before AND after your treatments.
- Avoid sun exposure 2-3 weeks before your treatment.
- Avoid self-tanner and spray tans to areas being treated for 2 weeks before treatment.
- Avoid exfoliating agents like Retin-A, AHA/BHA, acne medication or any irritating or drying products 1 week prior to treatment
- Please notify your medical provider of any changes in topical or oral prescription medications, as they may have an effect on the ability to safely or effectively provide treatment.
- Please notify your provider if you have a history of Herpes Simplex Virus, Type 1 and 2. An anti-viral medication may be prescribed to you.
- Avoid waxing, tweezing, plucking, or threading 4 weeks before treatment. Shaving is recommended between sessions.

Post-Treatment Instructions

- Immediately after your treatment there likely will be some redness and bumps, and mild discomfort similar to a sunburn. This is normal.
- Aloe gel or cool packs may be applied for comfort.
- Do not rub, or pick the treated area. Do not use any loofahs or abrasive scrubs for at least 3 days or until any redness and sensitivity subsides.
- Avoid strenuous sports activities or hot water/saunas/Jacuzzi for up to 24 hours after treatment to minimize irritation and prolonged redness.
- Sunscreen with SPF 30 or above, must be applied daily to any areas that are exposed to the sun, beginning the day of treatment.
- After your treatment, the hair may appear to be growing. This is the treated hair being shed from the follicle, and is not new growth. Once the hair has fully shed you may be hair free for a few days, up to a few weeks leading up to your next treatment.
- Your sessions are typically scheduled in 4 weeks for facial areas, 6 to 8 weeks for other areas of the body.
- Adhering to consistent treatment intervals is important to ensure success of the treatments.
- Electrolysis, waxing, threading, tweezing or sugaring is to be avoided between sessions. Shaving or trimming of hair may be resumed normally during the duration of treatment.

*Individual results and number of treatments may vary. Maintenance treatments may be needed on an annual or bi-annual basis.

***Call office immediately if the skin is broken or a blister appears**

***Please note the extreme importance of our patients strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**