

Pre and Post Treatment Instructions for Laser Hair Removal

Pre-treatment Instructions:

4 weeks before

- Do not wax, tweeze, bleach, or use hair removal creams or electrolysis on treatment area. These activities can reduce the effectiveness of the treatment.
- Avoid direct sun exposure. If unavoidable, use minimum SPF 30.

1-2 weeks before

- Discontinue tanning (includes beds, self-tanning creams and sprays)

24 hours before

- Shave treatment area

Day of Treatment

- Remove any lotions, make-up and deodorants prior to treatment.
- Wear loose fitting clothing that will leave the treatment area exposed and easily accessible for treatment. Tight or rough clothing may cause you to feel uncomfortable if the skin becomes sensitive after treatment.
- You may feel a slight pricking or stinging. Some people compare the feeling to a rubber band snapping onto the skin. For your comfort, a topical numbing cream is available for purchase. You must arrive 30 minutes prior to treatment time in order for it to be applied and to take effect.

Post treatment Instructions:

- Avoid sun exposure, tanning beds and creams until your treatments are completed.
- Avoid hot showers, saunas, hot tubs, swimming and strenuous sports for 2-3 days following treatment, or until any redness, crusting, or blisters have resolved.
- If crusting develops, it should fall off naturally. Please do not pick or scratch.
- Do not wax, tweeze, bleach, or use hair removal creams or electrolysis on treatment area until all treatments are completed.
- Do not shave treated area for 1 to 3 days post-treatment if crusting or blistering occurs.
- Apply a minimum SPF 30 broad spectrum sunscreen.
- Treated area may appear red, irritated and swollen (like sunburn). Apply ice packs or cold aloe vera to soothe.
- You may experience "hair shedding" the first few days after treatment which is sometimes mistaken for hair growth.

- Can apply makeup, lotion, resume shaving and apply skincare products to treatment area as early as the next day as long as the skin is not broken and there is no extended redness, blistering or scabbing. Thoroughly remove makeup and creams gently with a soft, clean cloth and mild cleanser. Pat to dry. The treated area is very delicate and should be treated with care. Excess rubbing can open the area and may lead to scarring.
- If scabbing, blistering or signs of infection occur, please contact provider.