



Laser Hair Removal – Pre & Post Care Instructions





BEFORE your treatment:


 **MUST SHAVE** the area being treated prior to appointment. It is best to shave the area as close to your scheduled appointment as possible; shave in the shower as it delivers the closest shave. The closer the shave, the less chance of skin irritation post treatment.


 **USE SUNSCREEN** with an SPF of at least 30 daily. Tanned skin cannot be treated. Sun exposure must be avoided two week prior to treatment.

 **AVOID** any irritants on and around the area, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least two weeks prior to treatment.


 **MUST NOT** have permanent makeup or dermal fillers on or near the treatment area. Permanent makeup may be lightened or removed by the laser. Dermal fillers will have accelerated deterioration when interaction with laser occurs.


 **DO NOT** use self-tanning agents for at least two weeks before any treatment. If you have used these products, thoroughly cleanse the area with an abrasive/exfoliating scrub to remove all product two weeks prior to treatment.


 **DO NOT** pluck or wax the area at least one month prior to your first treatment, and continuing throughout the course of your treatments. Plucking/waxing removes the root, which is the target for Laser Hair Removal. **DO NOT** use bleach or "Nair"-type products on the area for two weeks prior to treatment. This can cause irritation and burns to the skin.


 **MUST NOT** be on any photosensitizing medication (with a warning label against sun exposure). Please inform us if you are taking any new antibiotics or medications, as some may make your skin photosensitive and therefore we may not be able to treat you for 1-2 weeks after completion of antibiotics. Please inform us if you are taking any new antibiotics or medications, when contraindicated, we may not be able to treat you for 1-2 weeks after completion of antibiotics.

AFTER your treatment:

 **AVOID** excessive sun exposure and tanning beds for at least 24 hours after treatment. Daily sunscreen with an SPF of at least 30 is vital to protect the skin. Until initial skin irritation subsides, avoid exercise, hot water, saunas, etc.

 **AVOID** any irritants on and around the area, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least two days post treatment. You may apply Aloe Vera gel immediately post treatment to soothe any redness or inflammation.

 **AVOID** tight fitting or constricting clothing in the treated area as irritation can occur and the skin cannot properly cool.

 **YOU MAY** continue to shave the area as much as required or desired between treatments. If you have razor bumps or ingrown hairs, you may exfoliate the area twice weekly until they are gone.

NAME: _____ DATE: _____ SIGNATURE: _____

Your referrals are greatly appreciated. We will send you a \$50 gift certificate towards your next treatment for each friend or relative that you refer to us.

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