

Pre and Post Treatment Instructions for laser Hair Removal

Broad Spectrum sun block is imperative with laser treatments. It must be applied daily, several times a day, especially if outdoors. SPF 30 or higher and protects against UVA and UVB rays

- **Shave** at least 4 to 12 hours prior to treatment. Please arrive for your appointment cleanly shaven unless asked to do otherwise by your provider. Hair evaluations may be completed periodically throughout your treatment plan and are dependent upon on each individual's progress. No tweezing, waxing, or plucking for six weeks prior to appointment.
- Treatment area must be free of makeup, lotion, deodorant, and ointments. Skin must be "squeaky" clean.
- **NO TAN.** Skin must be in its natural color in order to provide safe and effective treatments. Deliberate tanning is absolutely contraindicated at any time during treatment. Direct sunlight should be avoided for **AT LEAST 5 days** prior to treatment. In between treatments, the area should be protected with sunblock and / or clothing. You must do your best to keep you skin in its natural color during treatment. If a tan is suspected the provider may deny treatment at their discretion and is for your safety.
- Sunless tanners are a safe alternative, but must be thoroughly exfoliated off prior to each treatment. The laser sees color and cannot distinguish between a real or fake tan. It is advisable to stop use of the sunless tanners (bronzer, etc. — anything that changes your skin's to a darker color) for at least one week prior to treatment.
- **Must be off any antibiotics 10 days** prior to treatment.
- Please let us know of any change in health status or medications prior to each treatment, including the use of OTC medications and supplements

POST TREATMENT

- Sunblock of at least 30 SPF must be worn after treatment and during the course of treatments. Remember to reapply throughout the day if outdoors.
- **You will be most sun sensitive 48 to 72 hours after treatment.**
- **No tanning during treatments! Treatment areas must be protected with sunblock and or clothing.**
- Hair will begin to shed around 2 weeks post treatment. **No tweezing, plucking, waxing, bleaching, or depilatories like Nair.** May shave, exfoliate, or use a washcloth to help shedding process.
- Wait 24 hours or until all irritation has resolved to reapply deodorant, makeup, and lotions.
- May use cold compress or clear aloe vera gel post-treatment for comfort.
- Redness may last 2 to 5 hours, up to several days.
- Avoid hot tubs, saunas and swimming pools for 24 hours
- May experience swelling (edema) or itching after treatment. Topical hydrocortisone cream may be used. Oral antihistamine such as Benadryl can also help relieve symptoms. Non drowsy Claritin or similar is an effective alternative that can substitutes to avoid any drowsiness often associated with Benadryl