



Recommended Pre & Post Care for Hair Reduction Treatments *For Best Results Please Follow These Instructions:*

Before your treatment:

- Hair should be cleanly shaven
- Do not wear makeup on the treated area the day of treatment
- No sun-tanning or self-tanners 2-4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician
- No waxing, plucking or tweezing at least 4 weeks prior to treatment
 - Some body parts may require a longer wait time
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (depilatories, harsh chemicals, etc.)
- If you are on antibiotics, please allow two weeks from the last day of your medication to come in for an appointment. Many of these medications can make you photosensitive and susceptible to damage from the lasers
- Inform us if you are currently on the medication Accutane or have been in the last 6 months. This can make your skin more susceptible to damage from the laser.
Please do not use any retinol products one week prior to your appointment if you are receiving hair removal on your face. This can make your skin more susceptible to damage from the laser.
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen
 - Redness and perifollicular edema (looks like a rash/bug bites) are common and resolve with time
 - Bruising and swelling are less common but may occur and will resolve with time
 - Hair may take up to 2 weeks to fall out
 - Avoid heat – hot tubs, saunas, etc. for 1-2 days
 - Avoid skin irritants (examples below) a few days post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
 - Do not wax or pluck between treatments
 - Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
 - Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair.
 - Consult with clinic about when to resume skin care regime.
 - Additional instructions: _____
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