



## Pre and Post Treatment Instructions

### Laser Hair Removal

#### Pre-Treatment Instructions

- Please shave treatment areas within 24 hours prior to your appointment time.
- No tanning or self-tanning of the skin before, immediately after, or between treatments. Tanned skin may absorb a portion of the energy that should be striking the hair follicle, resulting in pigmentation problems and a less effective treatment.
- Moisturize daily the areas that are being treated since dry skin may be more sensitive.
- Avoid any products on the day of treatment to the areas to be treated.
- **NO** waxing, tweezing or electrolysis treatments 2 weeks prior on areas to be treated. You can shave or clip hair.
- Do not take Accutane.
- If you start a course of antibiotics, you cannot have a laser treatment while on the antibiotics and for a week afterwards.

#### Post-Treatment Instructions

- No tanning of the skin for 48 hours after treatment.
- No exercising or working out for a minimum of 12 hours (if area is still red after 12 hours, wait until all redness has subsided).
- No saunas, hot tubs, or hot showers for a minimum of 12 hours) if area is still red after 12 hours, wait until all redness has subsided).
- Avoid any other activity that will cause sweating for at least 12 hours.
- Moisturize treated skin and wear sun block containing zinc oxide or titanium oxide with at least an SPF 30.
- **NO** waxing, tweezing, or electrolysis on treated area. You may shave or clip hair.
- Apply a cold, wet compress to treated areas several times a day if redness or irritation is bothersome.
- Keep regularly scheduled appointments to achieve maximum results.

#### Possible Side Effects

- Slight reddening of the skin.
- Local swelling which goes away within a few days, including follicular edema.
- Blistering in rare cases.
- During the healing processing, skin may become either darker (hyper pigmented) or lighter (hypo pigmented). This is usually temporary. DO NOT rub it but allow it to exfoliate naturally.

Please call our office if you have any additional questions after the procedure.