

Laser Hair Removal Pre & Post Instructions

Pre-Treatment Instructions

- 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 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 or tweezing or electrolysis treatments on areas to be treated.
- DO NOT take Accutane.
- If you start a course of antibiotics, you cannot have a laser treatment while and for a week afterwards.
- Shave treatment area prior to appointment for your most pain free experience.

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 areas are is still red after 12 hours, wait until all redness has subside).
- No Saunas, hot tubs, or hot showers for a minimum or 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.
- Moisturized treated skin and wear sun block containing zinc oxide or titanium oxide with at least at 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 regular 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 (hyperpigmented) or lighter (hypopigmented). This is usually temporary. DO NOT rub it but allow it to exfoliate naturally.