

Laser Hair Removal Pre and Post Care

PRE-TREATMENT INSTRUCTIONS

1. **Avoid Sun Exposure for 2 Weeks:** Avoid sun exposure and/or usage of a tanning bed, including self-tanning products such as spray tan and tanning lotion for a MINIMUM of 2 weeks BEFORE and AFTER treatment. If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas in conjunction with a protective hat and a full spectrum sun block of SPF 30+. For your safety, our providers will assess your degree of suntan at the time of each appointment; if you are deemed too tan then we will not administer treatment. If your appointment is canceled due to noncompliance, you will be charged the full value of the service.
 
2. **Arrive Clean Shaven (no stubble):** Shave the areas to be treated 12-24 hours before treatment. Any hair that you would like to keep in the treatment area, i.e., goatee or mustache in beard area or "landing strip" or "mohawk" in the bikini area, should be kept unshaved or trimmed. If you are unable to shave the following two areas by yourself: 1) back or 2) posterior neck, you may inform us when scheduling the appointment and our providers will do so for a fee of \$25.00. All other areas, including Brazilian bikini, must be shaved prior to arriving for your treatment. If you arrive unshaved for your appointment, we will not administer treatment. If your appointment is canceled due to noncompliance, you will be charged the full value of the service.
 
3. **Remove Makeup, Lotion, & Deodorant Before Treatment:** Areas to be treated must be clean and free of any lotion, makeup, sunscreen, and deodorant. Baby wipes will be provided upon request.
4. **No Accutane for 6 Months Before Treatment:** Accutane must be discontinued for at least 6 months prior to receiving any laser treatment
5. **No Photosensitizing Medications or Antibiotics for 10 Days Before Treatment:** Some antibiotics and other medications can make you sun sensitive and because the laser contains light, treatment while taking these medications can increase the risk of adverse event. If you have started taking oral antibiotics (Minocycline, Tetracycline, etc.), wait at least 10 days after finishing your antibiotic regimen before getting treatment. (Long term antibiotic therapy OK – please ask your provider if you have questions about this.) If you are not sure whether the medication you are taking is photosensitizing, please ask your prescribing physician prior to your appointment.
 
6. **Rashes, Yeast Infections, & Other Skin Irritations are Contraindicated:** If you are suffering from any of these skin issues, we will not administer treatment until skin is healed.
7. **No Chemical Peels for 2-4 Weeks Before or After Treatment.**
8. **No Retin-A, Renova, Differen, Tazorac, etc. for 1-2 weeks Before or After Treatment.**
9. **Avoid Waxing, Tweezing, Threading, Electrolysis, Chemical Depilatories, & Bleaching for 4-6 Weeks Before Treatment and Between Treatments.** Shaving is recommended.
10. **Pregnancy is Contraindicated:** You may not be pregnant for any treatment.
 
11. **No Treatment Over Tattoos:** Notify provider of tattoos in treatment area as they must be avoided.
12. **Notify Us of All Changes to Health or Medications:** During the course of your treatments, notify us of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

DURING TREATMENT INSTRUCTIONS

1. Laser and/or procedure-specific protective eye wear will be worn by patient and all personnel during the procedure.

POST-TREATMENT INSTRUCTIONS

1. After treatment you may feel like you have a mild to moderate sunburn. The skin may also itch and feel irritated.
2. Wash the area gently twice a day. Avoid bathing or washing with hot water. Use tepid (lukewarm) water.
3. Avoid direct sun exposure and the use of tanning beds for at least 2 weeks after your treatment.
4. Avoid using deodorant on the treated areas for 24 hours or until skin is no longer irritated.
5. No exercise, Jacuzzi, sauna, or steam baths if any skin irritation exists.
6. Avoid stimulating (i.e. rubbing or scratching), the areas treated for at least 24 hours or if irritated.
7. Do not wax, tweeze, or use depilatories on the hair that grows back. After treatment hair may continue to grow as if it were never treated. Typically this will occur for about 2 weeks after the treatment when these hairs will simply grow out and then fall out. This may occur within 4-6 weeks for the upper body and possibly as long as 2-3 months for the lower body. Hair regrowth occurs at different rates on different areas of the body. In the meantime, NEW hair growth can begin growing in the treated area as early as the day after your treatment. This will likely result in "patchiness" throughout the treatment series which is normal and expected.
8. Shaving is allowed 24-48 hours after treatment as long as there is no skin irritation.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY AT 528-0888.