



LASER HAIR REMOVAL

Laser Hair Removal PRE-TREATMENT Instructions

- Avoid direct sun exposure for four to six weeks prior to treatment.
- Do not apply self-tanners or spray tans for four weeks prior to treatment.
- Discontinue use of retinol-containing products and glycolic acids 5 days prior to treatment, if treating face.
- If you have a history of cold sores please notify your provider as a prophylactic medication may be prescribed to prevent an outbreak.
- The treatment area should be shaved the evening prior to your appointment. Please do not pluck, wax, or use depilatory creams for 6-8 weeks prior to beginning treatments.

Laser Hair Removal POST-TREATMENT Instructions

- A feeling of warmth to the treatment area may be experienced, and in some cases, swelling may occur for up to 24-48 hours.
- Daily use of SPF (minimum 30) with frequent reapplication is necessary for the health of your skin and to protect your investment. Direct sunlight should be avoided for four weeks post-treatment.
- Hair will continue to grow from the follicle for up to 14 days post treatment. Please continue to only shave as a means of hair removal.