



Recommended Pre & Post Care for Laser Hair Reduction Treatments

Before your treatment:

- Hair should be shaved 24-48 hours before treatment
- Do not wear makeup or deodorant on the treated area the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications and supplements may increase the risk of bruising.
- 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.)
- 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
- You may use 4-5% topical lidocaine 30 minutes prior to treatment and/or up to 800mg ibuprofen to lessen discomfort during treatment if needed. Both medications are available without a prescription.

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.
 - Additional instructions
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PLEASE KEEP THIS FORM