



The following instructions will help you achieve the best results from your **Laser Hair Removal** treatment. Please take a moment to review this information prior to your treatment.

The day you are receiving treatment, please:

- Shave the treatment area, unless instructed otherwise.

3 days before receiving treatment, please avoid the following:

- Do not use harsh exfoliating cleansers or scrubs, bleaching creams or retinoids on the treated area 3 days before or 3 days after treatment:
- Apply a sunscreen of at least 30 SPF or higher
- The area may feel like a mild sunburn, a cool compress can be applied.
- Please adhere to the appropriate treatment intervals recommended by your provider, as the hair growth cycle determines the efficiency and number of treatments required.

1 week before receiving treatment, please avoid the following:

- Antibiotics

4 weeks before receiving treatment, please avoid the following:

- All chemical peels and laser treatments to the area.
- Avoid UV exposure 4 weeks before until one week after your treatment. Sun exposure, tanning bed, or sunless tanning products may result in white or dark spots.
- No further or new treatment with Botox, Dysport or dermal fillers until 2 weeks after your treatment.
- Do not wax, tweeze, color, use depilatory creams or have electrolysis on the treatment area

Immediately after receiving treatment:

- Please ensure that the area is well moisturized with frequent applications of non-perfumed topical moisturizer with an SPF of 30 or more.
- You may also apply aloe Vera, cool compresses, ice packs or Tylenol for post-treatment discomfort.

1-14 days after receiving treatment:

- Avoid any additional laser treatment or chemical procedures on the treated area for at least 2 weeks post treatment or until healing has occurred.
- Wash treated area gently with mild cleanser but do not use any abrasive cleansers or exfoliates.
- Sun exposure is to be avoided throughout the course of treatment. A sunscreen with an SPF 30 or greater should be applied whenever the area is exposed to the sun. An increased risk of blistering from laser treatments has been noted in patients who have had sun exposure either before or immediately after treatment.
- Avoid excessive heat or friction to the treated area. For example: heavy exercise, saunas.