



Laser Hair Removal Pre & Post Care Instructions

Pre Treatment:

- You must shave the hair of the body area to be treated. If you cannot shave yourself, then please advise the technician and our staff prior to your treatment in order to schedule extra time for your appointment and we can do it for you for a fee of \$50 per occurrence.
- Do not wax, tweeze, or use depilatories during your series of laser hair removal.
- Avoid sun exposure for 4 weeks prior to treatment and use SPF 30 daily to ensure coverage against UVA and UVB rays.
- Do not use self-tanning products for 1-2 weeks prior and/or post treatment.
- Discontinue use of tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) or Hydroquinone at least 2-3 days prior to treatment.
- Many photosensitizing medications will make you more sensitive to the laser. Please disclose any medications that you may be taking.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar no later than the day prior to your laser hair removal treatment.
- Notify our office if you develop a cold sore, acne, or open lesions in the area being treated, or experience any type of illness prior to your treatment.
- REMEMBER – Laser hair removal is never 100%. Industry standard is 75-90% reduction in the hairs. Not all hairs will be destroyed. Hormones can cause hair to grow back.

Post Treatment:

- You may experience small red bumps around the hair follicle. This is normal and expected. Do not pick, rub, or scratch these until they have cleared. Your skin overall may be sensitive for several days following your laser hair removal treatment.
- If your skin scabs or crusts, or you experience a burn, do not pick, rub or scratch these areas. Doing so can result in infection, permanent pigment changes, or scarring. Gently cleanse the area and apply hydrocortisone cream several times a day for 1 week. If the area is open, also apply a layer of antibiotic ointment over the hydrocortisone cream. Please contact the office immediately if you experience any burns.
- Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment. If you need to be out in the sun, wear an SPF 30 minimum.
- Avoid swimming, hot tubs, and saunas for several days following your treatment.
- It can take several weeks for the hair in the treated area to push up and fall out of the follicle.
- Do not expect your hair to “not grow back” after a single session. Laser hair removal is a process.
- Subsequent treatment sessions should be spaced 6-8 weeks for facial hair or 8-12 weeks for hair on the body.
- Although rare, infection in the treated area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary.

Please contact our office if you have ANY questions or concerns.