

## Additional Laser Hair Removal Pre & Post Care PDF

If you have any additional questions/concerns, feel free to call our office or ask your treatment provider

### Pre-Care

1. **Area must be shaved 24 hours prior to your appointment.**
    - a. The closer the shave the better.
    - b. For bikini services, you don't need to shave the part where you want to keep the hair.
    - c. If the area is not shaved prior to treatment, A \$75 charge will be issued if the treated area needs to be shaved by your provider.
  2. **If possible, please NO makeup/lotion/deodorant on the day of your appointment** (on treatment area).
  3. **Avoid lengthy direct sun exposure for at least 2-4 weeks prior to your appointment and up to one week after treatment.**
  4. **Do not use self-tanner or spray tan products for at least 2 weeks before your treatment to avoid potential injury.**
  5. **Avoid drinking more than 2 alcoholic beverages 24 hours before your treatment.**
  6. **Avoid waxing/threading/tweezing in the area for at least 4 weeks.** Shaving is ok!
  7. **Do not use any of the following products on the treated area 3 days before or 3 days after treatment:** harsh exfoliating cleansers or scrubs, bleaching creams or retinoids (Retin-A).
  8. **If you have Botox or dermal fillers in the area to be treated, wait 14 days both before and after injection to receive treatments.**
  9. **Laser services cannot be performed on ladies who are pregnant, breastfeeding or trying to conceive.**
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## Post-Care

### 1. **Redness & Bumps are normal.**

- a. Immediately after your treatment, redness & bumps at the treatment area are common; these may last up to 2 hours or longer. It is normal for the treated area to feel like a sunburn for a few hours.
- b. You should use a cold compress if the sensitivity continues. If there is any crusting, apply an antibiotic cream.
- c. Darker pigmented skin may have more discomfort than lighter skin & may persist longer.

### 2. **Cleanse the area treated gently.**

The treated area may be washed gently with a mild soap. Skin should be patted dry & not rubbed during the first 48 hours.

### 3. **No makeup & lotion/moisturizer/deodorant for the first 24 hours.**

Keep the treated area clean & dry, if further redness or irritation persists, skip your makeup & moisturizer, & deodorant (for underarms) until the irritation has subsided.

### 4. **Dead hairs will begin to shed 5-30 days after your treatment.**

Stubble, representing dead hair being shed from the hair follicle, will appear within 5-30 days from the treatment date. that is normal & they will fall out quickly.

### 5. **Avoid the sun.**

Avoid sun exposure for the next week. Use sunscreen with SPF pf 25 or higher at all times throughout the treatment period.

### 6. **Do not pick/scratch/wax/thread/tweeze the area.**

- a. Avoid picking or scratching the treated skin.
- b. Do not use any other hair removal methods or products, other than shaving, on the treated area during the course of your laser treatments, as it will prevent you from achieving the best results.

### 7. **Hair growth varies.**

- a. On average, most will experience a level of hairless happiness after 6-9 sessions which will result in not even checking for stubble (yes, it's life changing!).
- b. On average, clients experience up to 30% reduction after each treatment.