

# Laser Hair Removal Pre-& Post Instructions

## Pre-Treatment Instructions

- No tanning or self-tanning of the skin before, immediately after, or between treatments. Tanned skin may absorb a portion of the energy that should be striking the hair follicle, resulting in pigmentation problems and a less effective treatment.
- Moisturize daily the areas that are being treated since dry skin may be more sensitive.
- Avoid any products on the day of treatment to the areas to be treated.
- No waxing, tweezing or electrolysis treatments on areas to be treated. You can shave or clip hair.
- Do not take Accutane.
- If you start a course of antibiotics, you cannot have a laser treatment while on the antibiotics and for a week afterwards.

## Post-Treatment Instructions

- No tanning of the skin for 48 hours after treatment.
- No exercising or working out for a minimum of 12 hours (if area is still red after 12 hours, wait until all redness has subsided).
- No saunas, hot tubs, or hot showers for a minimum of 12 hours (if area is still red after 12 hours, wait until all redness has subsided).
- Avoid any other activity that will cause sweating for at least 12 hours.
- Moisturize treated skin and wear sun block containing zinc oxide or titanium oxide with at least an SPF 30.
- No waxing, tweezing, or electrolysis on treated area. You may shave or clip hair.
- Apply a cold, wet compress to treated areas several times a day if redness or irritation is bothersome.
- Keep regularly scheduled appointments to achieve maximum results.

## Possible Side Effects

- Slight reddening of the skin.
- Local swelling which goes away within a few days, including follicular edema.
- Blistering in rare cases.
- During the healing processing, skin may become either darker (hyperpigmented) or lighter (hypopigmented). This is usually temporary. DO NOT rub it but allow it to exfoliate naturally.