



## Laser Hair Removal Pre-Treatment Instructions

Sun exposure may affect the laser hair removal reduction process; therefore we need to know how much sun exposure you have experienced throughout your treatment period.

If you have a tan from sun exposure or sunless tanning products, you must wait until the tan fades completely before undergoing laser hair removal. A tan increases your risk of side effects such as blistering and discoloration. Avoid sun exposure for at least four to six weeks before treatment.

We recommend using a sun block of SPF 30 or greater at all times on exposed areas. As well, adhering to your treatment schedule is important for best results.

DO NOT wax, tweeze or have electrolysis done three weeks prior to any laser hair removal treatments.

Avoid the use of Retin-A, Alpha-Hydroxy or Glycolic Acid products for *48 hours before* and after treatment.

DO NOT take aspirin products, (e.g., Alka-Seltzer or Bayer), Ibuprofen-like products (e.g., Advil, Aleve, Motrin, and Naprosyn), and St. Johns Wart or blood thinners (e.g., Coumadin or Heparin) for one week prior to treatment.

DO NOT take Accutane during the six months preceding laser hair removal treatments.

On the day of treatment, DO NOT wear make-up, lotions, deodorant, perfumes, powders or moisturizers on the areas to be treated.

You may be asked to shave the areas to be treated before your appointment.

If you have a history of recurrent oral or genital herpes, we may suggest taking oral antiviral prophylaxis for one day prior and four days following treatment.

## Laser Hair Removal After Care Instructions

Immediately after your laser hair removal treatments, there should be redness and bumps at the treatment area, which may last up to two hours or longer. It is normal for the treated area to feel like sunburn for a few hours.

You should use cool compresses if needed. Some physicians recommend aloe gel or an antibiotic ointment after treatment. Makeup may be used after the treatment. It is recommended to use new makeup to reduce the possibility of an infection.



Use sun block of SPF30 or greater on treated areas and avoid direct exposure for two months after your laser hair removal treatment.

You may shower after the laser hair removal treatments. Wash the treated area gently and use a mild soap. Skin should be patted dry and NOT rubbed. You may use deodorant 24 hours after underarm laser hair removal treatments.

Anywhere from 5-30 days after your laser hair removal treatment, shedding of the hair may occur and may appear as new hair growth. This is not new hair growth, but stubble or dead hair pushing its way out of the follicle. You may help this shedding process by washing and gently exfoliating with a gentle exfoliating cloth.

Hair re-growth occurs at different rates on different areas of the body. New hair will not occur for at least three weeks after treatment. Adhering to a set laser hair removal treatment schedule is important for best results.

If you have a dark skin complexion, you may notice a temporary lightening of the skin in the area that was treated with the hair removal laser.

Please call our office with any questions or concerns you may have after laser hair removal treatment. We appreciate your business and want to work with you to achieve the most effective and safe laser hair removal results possible.



## Electrolysis Before Care Instructions

You will need to refrain from tweezing or waxing the areas to be treated with electrolysis. You may cut, clip or shave the areas until the day before your appointment. On the day of the treatment, please do not wear perfume, make-up, lotions, deodorants, powders or moisturizers on the areas that will be treated. Please also drink caffeine in moderation the day of your treatment.

## Electrolysis After Care Instructions

The area will be red and slightly swollen after treatment. This is normal and should subside usually within a couple of hours. The Electrologist will apply aloe gel or antibiotic cream to the area after treatment. This application should continue at home until the redness and swelling has subsided.

Adhering to your treatment schedule is very important for best results. Again, the new hairs may be cut, clipped or shaved between your treatments; however, the hairs CANNOT be tweezed.

Please contact the office with any questions or concerns you may have. We look forward to working with you in achieving permanent hair removal.

*Please remember the resiliency of hair follicles in different parts of the body and in different individuals can vary widely from person to person. Multiple treatments are always needed to permanently reduce any hair growth. You should have much fewer hairs in the treated area than you would've had, if you didn't have the laser hair removal or electrolysis procedures done.*

Laser & Electrolysis Studio

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