

Pre and Post Hair Removal Instructions

Laser hair removal is a medical procedure that uses a laser to remove unwanted hair. The heat from the laser damages the hair follicle, inhibiting future growth. We recommend 6-8 treatments, 4-10 weeks apart depending on area being treated. It is not unusual to require a clean up treatment. Reason for clean ups are to changes within life, hair is based on hormones so regrowth can happen.

Pre-Treatment

- Avoid sun exposure, outdoor/indoor tanning, self tanners of any kind 4 weeks prior to treatment.
- Shave area to be treated the night before.
- No waxing, tweezing, epilation, electrolysis or depilatories 4-6 weeks prior and during treatment.
- Avoid aspirin, Aleve, ibuprofen, Advil, Motrin, and vitamin e 1 week prior to treatment.
- Avoid exfoliating agents, Retin-A, alpha or beta hydroxyl acids, toners or irritating to the skin 1 week prior.
- No perfumes, deodorant or makeup in the area treated the day of appointment.

Post- Treatment

- No deodorant for 24 hours, if treating underarms.
- No exfoliating tools or scrubs for at least 5 days.
- Avoid strenuous activities and/or hot water, saunas, Jacuzzi and swimming 1 week post.
- May use aloe or hydrocortisone cream post treatment.
- Hair may appear to grow for up to 2 weeks post treatment as it is shedding from follicle.
- Your skin may appear red and have a sunburn like feel, for about 24-48 hours.
- Use spf with 30 or higher for the duration of your treatment.

If you have a history of fever blisters please contact the office prior to treatment and we can send a prescription of Valtrex, which should be taken prior to treatment, as light will increase chance of breakout.