



Laser Hair Removal Pre-treatment Information

If you have decided to opt for Laser Hair Removal, there are a few ways that you can help ensure that the procedure achieves the desired results in a safe and effective way. If you're a new client, please familiarize yourself with our New Client Considerations and General Information document. Please contact our office if you have any questions.

Pre-treatment Information

- Clients must be clean-shaven in the treatment area prior to appointment. Our recommendation is to shave within 12 hours of your treatment.
- No tweezing, waxing, threading, or bleaching in the treatment area 4-6 weeks prior to appointment.
- No sun exposure or tanning beds at least 4 weeks prior to treatment and 2 weeks post-treatment. By not doing so, you will run the risk of burning, hyperpigmentation, and/or scarring. Always use an SPF 30 or higher while undergoing laser treatments.
- No tanning lotions 2 weeks prior.
- Clients with Herpes Simplex I or II - laser can stimulate an outbreak if treated in the area. You need to pre-treat with Valtrex 2 days prior and three days post-treatment.
- Arrive at your appointment with the treatment area clean and free from any makeup, deodorant, and lotions.
- Consider what you wear to your appointment. Avoid dark, tight, scratchy clothing and garments near the treatment area.
- If you are prescribed a photosensitive medication/antibiotic, please allow 2 weeks after completion before treatment.
- If you are treating the facial area, you will need to discontinue any products or medication that have ingredients that cause you to be photosensitive 1 week prior to treatment. Below is an example of some ingredients:
 - Retinol, Retin A, Tretinoin
 - Acne medications (oral and topical)
 - AHA/BHA's - such as salicylic acid, glycolic acid, and clindamycin to name a few

Vermont Medical Spa

P: 802.876.7378

F: 802.662.4117

vtmedspa@gmail.com



Laser Hair Removal Post-treatment Information

Instructions and avoidance:

- Avoid using extremely hot water for 1-2 days - including baths, hot tubs, and saunas
- No strenuous activity and exercise for 2-3 days
- Avoid direct sunlight and tanning beds for 2-4 weeks (always use an SPF 30 or higher)
- Refrain from shaving for 1-2 days OR until the client feels no sensitivity in treatment area
- For facial clients, please allow 3-5 days before adding your photosensitive products and/or medications back into your skincare regimen
- For underarm clients, please allow 2-3 days before using deodorant
- Do not scratch or pick treated area
- Keep area hydrated with a generic moisturizer (no fragrance)
- Absolutely no waxing, tweezing, or threading during entire laser process

Results and post-treatment considerations

- Erythema (redness), Edema (swelling), and itchiness is very common for a few days post-treatment. Clients can apply a light layer of cortisone once per day to help sensitivity subside. If you are experiencing discomfort for longer than a few days, please notify Vermont Medical Spa.
- Treated hair can take up to 2-4 weeks to naturally shed outside the follicle. Hair can appear darker before shedding. Do not pull or pick the hair during this process. The hair needs to shed on its own naturally. Before your next appointment, you can lightly exfoliate the treatment area prior to shaving to help remove dead skin cells, allowing stubborn hair to expel outside the follicle.
- Remember results include fewer, thinner, lighter, and slower regrowth. With that in mind, you will slowly notice more regrowth closer to your next treatment.
- Every treatment area can experience results differently.

If you have questions or concerns during post-treatment, please reach out to our office.

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