

# SKIN & LASER

Lytham St Annes

## Laser Hair Removal: Pre-Care, Preparation & Aftercare

### Pre-Treatment Care (2–4 Weeks Before)

To ensure safe and effective results, please follow these guidelines before your appointment:

- Avoid sun exposure (including tanning beds and self-tanner) for at least 4 weeks prior to treatment. Treated skin must not be sunburned or tanned.
- Do not wax, tweeze, thread, or use depilatory creams during your course.  
• These methods remove the hair follicle, which is needed for laser effectiveness.
- Shaving is allowed and encouraged.
- Stop using retinoids, exfoliants, and acids (Retin-A, tretinoin, glycolic acid, salicylic acid, benzoyl peroxide) in the treatment area 5–7 days prior.
- Avoid photosensitizing medications if possible (antibiotics like doxycycline, isotretinoin/Accutane within the last 6–12 months—inform your provider).
- Keep skin clean, healthy, and irritation-free before treatment.
- Inform your provider if you are pregnant, breastfeeding, or have a history of herpes/cold sores in the treatment area.

### Day-Of Preparation

On the day of your appointment:

- Shave the treatment area within 12–24 hours before your session.
- Arrive with clean skin no lotion, makeup, deodorant, perfume, oils, or sunscreen on the area.
- Wear loose, comfortable clothing to avoid friction after treatment.

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### Post-Treatment Aftercare

After your laser session, mild redness and swelling are normal and typically resolve within 24–48 hours.

- Apply cool compresses or aloe vera as needed to soothe the skin.
- Avoid heat, sweating, hot showers, saunas, steam rooms, and intense workouts for 24–48 hours.
- No sun exposure for at least 4 weeks post-treatment. Use broad-spectrum SPF 50+ daily.
- Avoid exfoliation, scrubs, retinoids, and acids on the treated area for 5–7 days.
- Do not pick, scratch, or pop any bumps or irritation.
- Hair may shed over the next 1–3 weeks—this is normal. Do not wax or tweeze between sessions; shaving is allowed.
- Contact your provider if you experience blistering, severe swelling, or prolonged discomfort.

Multiple sessions are required (typically 6–10 treatments, spaced 4–8 weeks apart) for optimal results.

Laser hair removal provides long-term hair reduction, not permanent removal.