**Laser Hair Removal Instructions**

**Pre-Treatment**

\* Do not wax, bleach, tweeze, thread, or use depilatory creams for 3 weeks prior to your treatment.

\* Shave area to be treated the day prior to or the day of your appointment.

\* Avoid Chemical peels, Photofacials, Microdermabrasion or Microneedling for 2 weeks prior to your appointment.

\* Avoid unprotected natural, artificial and self-tanners (including spray tans and tanning beds) Use UVA with SPF of 30 or greater when exposing treatment areas to the sun.

\* Must wait at least 2 weeks after BOTOX® and/or JUVÉDERM® before laser treatments.

\* Do not use any new skin care products, deodorant, or shaving products for 1 week following the treatment.

**Post-Treatment**

\* After treatment, the area may be tender, slightly red and swollen. This reaction will subside in a few hours. If burning sensation occurs, apply ice pack or cool cloth to area.

\* May apply aloe based lotion or gel as needed.

\* Use Broad spectrum sunscreen with an SPF of 30 or greater on treatment area between appointments.

\* Do not shave 24-48 hours following treatment.

\* Shaving is ok between appointments.

\* Avoid hot tubs, saunas, excessive exercise, or any activity that causes the body to "heat up" on the day of treatment.

\* Do not use any new skin care products, deodorant, or shaving products for 1 week following the treatment.