

Laser Hair Removal Pre-Care Instructions

[Tori's Treatments](#)

To help ensure safe treatment and optimal results, please carefully follow these instructions prior to your laser hair removal appointment.

4–6 Weeks Before Treatment

Avoid removing hair from the root in the treatment area, including:

- Waxing
- Sugaring
- Tweezing
- Epilating
- Threading

The laser targets the hair follicle, so the follicle must remain intact for treatment to be effective.

You MAY:

- Shave
 - Trim hair
 - Use depilatory creams if tolerated
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2 Weeks Before Treatment

Avoid:

- Excessive sun exposure
- Tanning beds
- Spray tans or self-tanner in the treatment area

Tanned skin increases the risk of burns, irritation, and pigmentation changes.

Please wear SPF 30+ daily on exposed areas.

5–7 Days Before Treatment

If medically appropriate and approved by your provider, avoid products or medications that may increase skin sensitivity, including:

- Retinoids/Retin-A/Tretinoin
 - Retinol products
 - Exfoliating acids
 - Harsh scrubs
 - Photosensitizing medications when possible (notify your provider)
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24 Hours Before Treatment

- Shave the treatment area unless instructed otherwise.
 - Do NOT wax or tweeze.
 - Avoid alcohol and excessive caffeine if sensitive.
 - Stay hydrated.
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Day of Appointment

Please arrive with:

- Clean skin free of makeup, lotion, oils, deodorant, sunscreen, or self-tanner in the treatment area
- Freshly shaved treatment area if instructed

Notify your provider if you:

- Have recently tanned or burned
 - Started new medications
 - Are pregnant or breastfeeding
 - Have active skin infections, rashes, or cold sores
 - Have a history of light sensitivity
 - Have had recent laser, peel, or cosmetic treatments
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Important Information

Laser hair removal works best on hair in the active growth phase, so multiple treatments are required.

Most patients need:

- Approximately 6–8 treatments
- Treatments spaced about 4–8 weeks apart depending on the area treated

You may notice:

- Hair shedding 1–3 weeks after treatment
 - Patchy regrowth between sessions
 - Slower, finer hair growth over time
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Helpful Tips

- Consistency with appointments improves results.
 - Avoid sun exposure throughout your treatment series.
 - Hydrated skin often responds better to treatment.
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Thank you for trusting [Tori's Treatments](#) with your laser hair removal journey!