

## Pre-Treatment Instructions Laser Hair Removal

Discontinue the use of Acutane 6 months prior to treatment. Consult with your prescribing physician prior to doing so. Discontinue the use of exfoliating creams and other exfoliating products such as, Tretinoin, Retin-A, Renova, Differin, Tazarac and other topical retinoid 2 weeks prior and during the entire treatment course.

No waxing, tweezing, threading, electrolysis, sugaring etc. 6-8 weeks prior and throughout series. Shaving is allowed.

Shave treatment area the day of treatment.

Avoid indoor/outdoor tanning and self-tanners 4 weeks prior to treatment and during treatment course. This will reduce the chance of skin color changes and manifestation of new, pigmented lesions. Protect area to be treated with clothing or hat and with an SPF 50 for 2-4 weeks prior to treatment and completely avoid sun exposure in the area being treated for at least 1 week prior to your appointment.

If currently taking anti-coagulant medications, blood-thinning medications and/or photosensitizing medications, candidates should discontinue use two weeks prior to and throughout treatment course, or as determined by their prescribing physician. This includes supplements. Note that discontinuing use of prescribed anti-coagulants and photosensitizing medications should only be done with the approval of the prescribing physician.

Botox and dermal filler procedures must be administered at least two weeks prior to treatment.

If prone to Herpetic breakouts in treatment area there is a risk this treatment may stimulate a breakout. Consult your physician about prevention medications prior to treatment, and take medication 1 day prior to appointment.

Those with menstrual dysfunction, such as Polycystic Ovarian Syndrome and/or ovarian hyperandrogenism, may have unpredictable results. Consult your primary care physician prior to a light-based treatment.