



Laser Hair Removal Pretreatment Instructions

- Avoid direct sun exposure to the treatment site 4 weeks prior to your treatment session.
- Avoid use of sunless tanning products 4 weeks prior to your treatment session.
- Discontinue any active products such as retinol or hydroquinone 7 days prior to treatment if treating facial hair.
- Do not wax, tweeze or use hair removal creams at any time throughout your treatment series.
- Shave the treatment area within 24 hours prior to your session.
- Alert your provider of any medications you are currently taking as some medications may affect the outcome of your treatment.

Laser Hair Removal Post-Treatment Instructions

- You may apply makeup or deodorant at any time following your treatment.
- Cleanse treatment area twice daily with gentle soap and lukewarm water, pat area dry.
- Apply a gentle moisturizer 2-3 times a day as needed.
- Avoid any active products such as retinol or AHA/BHA for 7 days following your session if facial hair was treated.
- Avoid direct sun exposure. Apply zinc-based sunblock daily and reapply every two hours when outdoors. Wear a 4-inch brim sun hat and sunglasses when possible.
- Do not wax, tweeze, or use hair removal creams at any time during your treatment series.
- Start gently scrubbing the treated area on the fourth day to expedite the shedding process.
- Anywhere from 5-10 days after the treatment, shedding of the surface hair may occur. This appears as new hair growth. This is not new hair growth; it is the shaft that was below the skin and is being expelled. It may take 7-10 days for the shafts to be fully expelled.
- Contact provider if there is any indication of blistering or infection.