

**BARE NAKED SKINCARE AND LASER SPA, INC.**  
**LASER HAIR REMOVAL PRETREATMENT INSTRUCTIONS**

**Pretreatment Precautions:**

1. Before any laser treatment you must avoid sun exposure, tanning beds and tanning creams for approximately one month and refrain from these throughout the course of the remaining treatments and following your last treatment for at least six weeks. Hyperpigmentation, or hypopigmentation can result if treated area is exposed to the sun without sunscreen.
2. Do not use Retin- A or Renova one week prior to laser treatment.
3. Do not take Accutane for six months prior to laser treatment.
4. Shave the area that is to be treated 24-48 hours prior to the appointment. Stubble is needed to visualize the area. If the area being treated has a heavy hair growth, you should shave just prior to coming for treatment. The hair, if not shaved, will absorb the laser energy and superficial thermal injury can occur.
5. For under arms, it is important to NOT use any anti-perspirants or deodorants on the day of the appointment.
6. Plan to avoid tight elastic at the leg opening, following bikini treatments for 3-5 days.
7. On the day of the appointment try to avoid any perfumes, colognes, after-shave, or body lotions on the area to be treated. Use no topical products if at all possible as a photochemical reaction causing skin darkening could occur.
8. Please note that once the decision has been made to begin laser hair removal treatments, you are no longer allowed to pluck, tweeze, thread, wax, or use hair removal creams in between treatment. You may only shave the area to be treated.
9. Wait 2 weeks before/after having injectable or filler procedures in the treatment area.
10. If you have a history of oral herpes (fever blisters) and are having your mouth area treated, you will need to have your physician prescribe suppressive therapy and take as directed.
11. We will not perform your laser treatment if you have a suntan, sunburn, or have used self-tanning cream because of the likelihood of hyperpigmentation or hypopigmentation.

**Contraindications:**

**You should not have this procedure if you have:**

- **Pregnant/nursing or plan to become pregnant while undergoing treatments.**
- **A pacemaker or internal defibrillator**
- **Non-intact skin or inflammatory skin condition at treatment site (i.e. sores, psoriasis, eczema, infection, rash)**
- **Auto immune diseases**
- **Herpetic diseases**
- **Discoid lupus erythematosus**
- **Epilepsy**
- **Used Accutane® (or other oral retinoid) within the last 6 months**
- **Taken medication that may cause photosensitivity to light.**
- **A history of keloid scarring**
- **Thrombosis, Anti-coagulant therapy**
- **Poorly controlled Diabetes, Type 1 Diabetes or history of poor wound healing**
- **Vitiligo or any medical conditions involving impairment of skin structure, especially healing**
- **Had laser resurfacing in treatment area within 3 months**
- **Any abnormal or undiagnosed pigmentation or wish to have treatment over tattoos, moles or semi-permanent makeup**
- **Nickel allergy, grey hair, PCOS or other hormonal conditions or excessively tanned skin**
- **Had a recent chemical or mechanical peel in treatment area (within 2 weeks)**
- **Atypical moles of malignancy or history of skin cancer.**

Medical Disclaimer:

The language is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately.