

# Hair Removal Laser Treatment

## Pre/Post Treatment Instructions

### Pre Treatment

1. Do not get laser when you have a suntan or sunburn
2. It is not necessary to shave, but it will quicken the treatment time.
3. Stop bleaching or plucking for a couple of weeks before treatment.
4. If you get cold sores or have genital herpes contact your doctors office as prophylactic medication may be indicated.

### Post Treatment

1. After the treatment, you may have redness or bumps. This is normal. You may use a cold compress if needed.
2. Makeup may be used. Moisturizer is good to use.
3. Use sunblock of SPF 25 or more for a couple of weeks after your treatment.
4. The only other acceptable hair removal method during your treatment regimen is shaving if needed.
5. Hair will shed up to three weeks after treatment. It may seem like new hair growth, but it is just the hair coming out. You can help the hairs out by using a loofah or washcloth.
6. Recommended follow-up is every 2-4 weeks, sooner if you have any problems or concerns.