



# NIRVANA™

## Laser Hair Removal Pre and Post Treatment Guide

### Pre Treatment Care

- **Do not tweeze or wax** the treatment area for **6 weeks before or after treatments**. Shaving is ok.
- **No prolonged sun exposure for 4 weeks before and after treatments**
- **Shave the areas to be treated 1–3 days prior to treatments**. If not shaved, thick overlying hair can absorb the light energy, impacting results and increasing your risk for burns/complications
- Avoid using make-up or irritants/exfoliants on the treatment areas for at least two days before treatments.
- **No makeup, lotions, deodorant, hair, or oil on the area to be treated.**
- If you arrive to your appointment with sunburns, hair, or wearing makeup/lotions/oil on treatment areas you will be asked to reschedule and subject to the cosmetics no show fee.

### Post Treatment Care

- **Do not tweeze or wax** the treatment area for **6 weeks before or after treatments**. Shaving is ok.
- **No prolonged sun exposure for 4 weeks before and after treatment.**
- If you cannot avoid sun exposure to the treatment areas, consider using a coverup or total sun block (at least SPF 50) to avoid possible complications.
- Quick and warm showers are recommended. Wash the treatment area(s) gently with soap and water. No hot baths for at least 24 hours.
- Do not rub and/or scratch the treated area. Do not shave any areas treated for at least 48 hours after the procedure. Do not shave the treated area if crusting is evident.
- If the skin is broken or a blister appears, you may apply an antibiotic ointment. The area should be kept lubricated to prevent crusting or scabbing of tissue. If it worsens or shows any sign of infection please contact our office immediately.
- Cold packs, aloe vera or any other cooling preparation may be used to ease temporary discomfort.
- Makeup can be applied as long as the skin is not broken. Mineral makeup can also serve as an additional sunblock.
- Do not practice intense sport activities, swimming or use hot tubs or whirlpools while the treatment areas are healing.

If any questions or concerns arise please contact our office without hesitation.

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