



Laser Hair Removal Pre and Post Instructions

Pre –Treatment Instructions

- No tanning or self-tanning on the skin, immediately after, or between treatments.
- Moisturize daily the areas that are being treated since dry skin may be more sensitive.
- Avoid any products on the day of treatment.
- No waxing, tweezing or electrolysis treatments on areas to be treated. You can shave or clip hair.
- If you are on a course of antibiotics, you cannot have laser treatment while on the antibiotics and for a week afterwards.

Post-Treatment Instructions

- No tanning of the skin for 48 hours after treatment. (After all treatments have been completed)
- No exercising or working out for a minimum of 12 hours. **
- No saunas, hot tubs, or hot showers for a minimum of 12 hours. **
- Avoid any other activity that will cause sweating for 12 hours.
- Moisturize treated skin and wear sunblock with at least an SPF 30.
- Apply a cold, wet compress to treated areas several times a day if redness or irritation is bothersome.
- Keep regularly scheduled appointments to achieve maximum results.

Possible Side Effects

- Slight reddening of the skin.
- Local swelling which goes away within a few days, including follicular edema.
- Blistering in rare cases.
- During the healing processing, skin may become either darker (hyperpigmented) or lightens (hypopigmented). This is usually temporary. DO NOT rub it but allow it to exfoliate naturally.

** If area is still red after 12 hours, wait until all redness has subsided.