

## **Laser Hair Reduction Pre & Post Care:**

### **Pre Treatment Instructions:**

- The area to be treated must be clean-shaven. Unshaven clients will be rescheduled.
  - Avoid UV exposure 7 days prior to your treatment.
- Clients who are sunburned or tanned must wait 2 weeks before being treated to avoid the risk of hyperpigmentation and scarring.
  - Avoid sunless tanning products 14 days prior to your treatment. It is recommended that you exfoliate the area to remove any residual color.
- Avoid chemical peels and other laser procedures in the area to be treated for 2 weeks prior and two weeks after your laser treatment.
- Avoid all alpha hydroxy and beta hydroxyl products (AHA/BHA), hydroquinone, retinols/retinoid, Tazorac, and Differin for 7 days before treatment.
- Clients with any abnormal lesions, moles or spots on the area to be treated must be cleared by a medical practitioner prior to treatment.
- Clients must stop waxing, tweezing and chemical epilation 3 weeks prior to treatment.
- If you are prone to cold sores, it is highly recommended to take an anti-viral medication (such as Valtrex) prior to your treatment. Clients with active cold sores will not be treated.
- Clients who have used Accutane or similar products within the last 6 months CANNOT have laser hair removal treatments.
  - Client should not perform any physical activity that increases body temperature or blood pressure within 24 hours before and after treatments.
- If you have Botox or dermal fillers in the area to be treated, wait 14 days both before and after injection to receive treatments.
  - Stop photosensitizing medications and antibiotics (if approved by your physician) 14 days prior to treatment.

## **Post Treatment Instructions:**

- You may experience slight redness, bumps, and swelling in the treated area for up to 72 hours. If these conditions persist, topical creams, aloe, calamine or hydrocortisone may be applied.
  - Exfoliate treated areas to minimize risk of ingrown hairs.
- Allow a minimum of 7 to 14 days post treatment for hair to "fall out" or shed from the skin
- On average, clients experience up to 30% reduction after each treatment.
  - Avoid extended UV exposure for 7-14 days post-treatment.
  - If blisters occur, do not puncture. If skin is broken, apply an antibiotic ointment until healed.
  - Tylenol is recommended for post-treatment if you experience any discomfort!
- Avoid any additional laser treatments or chemical procedures on the treated area for at least 2 weeks post-treatment or until healing has occurred.
  - Using a broad spectrum UVA/UVB SPF 30 or higher is critical when receiving laser treatments and is recommended ongoing for maintenance.
- If you experience any side effects, such as hypo- or hyper pigmentation, prolonged redness or swelling, a histamine reaction, or blistering, call or come in for instructions on treatment.