

## Laser Hair Removal Pre/Post Treatment Care

### Pre-treatment Instructions

1. Avoid deep tanning (tanning bed, tanning creams) 2 weeks before 1 week after the treatment. If you must go in the sun use a sunscreen SPF 25 or higher.
2. If you are tan or have a darker skin type, we can utilize a different laser that can assist you in your hair removal needs.
3. Please shave the hair you wish to be treated down to the skin before treatment. There is a \$20 charge after the 1<sup>st</sup> treatment if an area hasn't been appropriately trimmed.
4. It is recommended that you stop bleaching hair 7 days before procedure.
5. It is best that you refrain from tweezing or waxing immediately, shaving or trimming is better.

### Post-treatment Instructions

1. Immediately after treatment, there should be a redness and bumps at the treatment site, which may last up to two hours or longer. It is normal for the treated area to feel like sunburn for a few hours.
2. Makeup may be used after the treatment, just make sure that you have moisturizer under your makeup. In fact, moisturizer will help the dead hair exfoliate from the follicle so use moisturizer frequently and freely on the treated area. Moisturizer without alpha-hydroxy acids will work the best.
3. Avoid sun exposure to reduce the chance of dark or light spots. Use sunscreen SPF 25 or greater at all times throughout the course of treatment.
4. Anywhere from 2-30 days after the treatment, shedding of the hair may occur and this may appear as new hair growth. This is not new hair growth, but dead hair pushing its way out of the follicle. You can help the hairs exfoliate by taking a hot shower and rubbing with a washcloth or loofa sponge. We will give you a follow-up call within 48 hours of your treatment.

REMEMBER: THE AVERAGE REDUCTION AFTER 6 TREATMENTS IS 70-80%. THIS MAY BE MORE OR LESS DEPENDING ON THE INDIVIDUAL.

