

## LASER HAIR REMOVAL PRE & POST INSTRUCTIONS

### Pre-Treatment Instructions

- Closely shave the treatment area as close to your appointment as possible.
- Only shave the treatment area during your treatment process; **No plucking, waxing, bleaching, threading, or any method of hair removal that will pull the hair out at the root.**
- Arrive to your appointment with clean skin.
- Avoid use of self-tanners, tanning beds, and sun exposure on the treatment area for at least 2 weeks prior to treatment.
- Stop the use of any Retin-A products, retinoids, or retinols 7 days prior to treatment.
- No steroid or antibiotic usage for 14 days prior to treatment.
- No makeup, lotions, and sunscreen when arriving for the treatment. If you have any of these in the treatment area, we will be removing them before treatment.

### Post-Treatment Expectations

- Avoid aerobic exercise, saunas, swimming pools, hot tubs and yoga, basically any form of exercise that may make you sweat for 12 hours.
- Avoid hot water for 24 hours, therefore no hot showers/baths, however, a lukewarm water bath/shower is OK.
- Avoid direct sun exposure for 2 weeks **before** and 2 weeks **after** laser treatment. **NO TANNING**. Please apply sunscreen daily to treated areas. If desired area to be treated is tanned, treatment will have to be rescheduled.
- Please avoid deodorant (underarm area), scented oils or scented lotions for the first 5 hours post-treatment.
- Apply cold compresses if the area feels tender or warm or is red. This will help to dissipate the heat. You can continue this intermittently throughout the day. Some swelling is normal for up to 24 hours.
- If the area treated has blistered or is broken, apply an antibiotic ointment such as polysporin ointment or Hydrocortisone. These blisters usually disappear within a few days. Keep any crusts soft by applying polysporin or lubricating ointment such as Vitamin E, or Aloe.

- Taken Benadryl (an antihistamine) if you experience any post treatment itching.
- For at least the next 6 months, a 30-40 SPF should be used on the treated area.
- **DO NOT WAX** or tweeze before or in between your treatments. Waxing and tweezing causes hair growth. ***You can shave as much as needed. Please make sure to shave desired area 24-48 hours before next appointment.***
- Treated hair will start to shed 7-10 days after treatment.
- **Exfoliation Method:** While under the shower, use a wet towel and rub gently in circular motions on the treated area for a few seconds every day. This will help the dead hairs to fall out.

**Call, email or message The Med Spa for any concerns IMMEDIATELY,  
Dr Adams or a member of the staff will address your problem.**