



Laser Hair Removal **Pre & Post Care Instructions**

Before your laser treatment:

1. Use sunscreen daily, **sun burned skin cannot be treated**.
2. **Avoid any irritants to your face**, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents **for at least 2 weeks**.
3. **Do not use self-tanning agents for at least 2 weeks** before any treatment. If you have used these products, thoroughly cleanse the area with abrasive/exfoliating scrub to remove all product 2 weeks prior to any treatment.
4. **DO NOT** pluck or wax for **at least 1 MONTH** prior to your first treatment, continuing through the course of your treatments. Plucking/waxing removes the target hair follicle.
5. **DO NOT** bleach or use "Nair"-type products for **2 weeks** prior to treatment, this can irritate the skin.
6. Please **do not wear any makeup, perfume or lotions** in the treatment area prior to your treatment.
7. Before each treatment, please inform us if you are taking any new antibiotics or medications, as they may make your skin photosensitive and therefore we may not be able to treat you for one to two weeks after completion of the antibiotic.

After your laser treatment:

1. If treating the face, continue using sunscreen daily for the entire treatment period.
2. Until **initial skin irritation** subsides, avoid hot water and anything irritating to the skin. Advil or Motrin can be helpful.
3. **Avoid any irritants to your face**, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least **2 days**.
4. Do not wear tight, constricting clothing in the treated area as irritation can occur and skin cannot cool properly.
5. Do not exercise, receive any body treatments, take hot showers, use saunas or hot tubs until skin is back to normal.

For all other questions, please refer to the FAQs sheet or "*What to Expect*" form.

Call the office if you have any questions
618-288-9117