

Laser Hair Removal

Pre Care

- Avoid sun, spray tans, tanning beds and any artificial coloring to the skin for 2 weeks prior to treatment.
- Avoid photosensitive medications such as antibiotics for 72 hours prior to treatment.
- Avoid waxing, tweezing and any epilation 10 days prior to treatment.
- Shave treatment areas the night before your laser treatment.
- Avoid retinol, tretinoin, AHA's/ BHA's for 5-7 days prior to laser if treating facial area.
- Avoid using creams, lotions and deodorants in the treatment area on the day of treatment.
- Patients who have had medical cosmetic facial treatments or procedures (e.g. laser therapy, surgical procedures, cosmetic filler, microneedling, etc) should wait until skin sensitivity completely resolves before receiving this treatment (approx 2-4 weeks)

Post Care

- The shedding process lasts 2-4 weeks and is visible in treatment areas of thicker hair. To avoid ingrown bumps, exfoliate with a loofah, bath mitt or anything with slight abrasion and lightly scrub in a circular motion daily. Another exfoliation option to aid the shedding process is to shave the treatment area daily.
- Apply ice roller or cold cloth to relieve sunburn feeling if needed. Avoid rubbing or scratching the treatment area. Slight redness and swelling of the hair follicles may occur and last up to 72 hours.
- Avoid sun exposure and excessive heat for 24 hour post treatment (hot tubs, sauna, working out)
- Apply a zinc oxide sunscreen SPF 30+ daily if treatment area may be exposed to sun.
- If redness, swelling or itching continues, an over-the-counter hydrocortisone cream and/or an oral antihistamine (Benadryl/ Claritin).
- Make up can be worn the same day after treatment.