

## Pre and Post Care Instructions

### PRE-CARE

- Please note, lasers are not effective on blonde, white, gray, or red hair.
- Clean shave the area to be treated 24-48hrs before treatment; preferably with a fresh razor.
- Skin must not have any sun exposure or tanning bed use 4 weeks before treatment. Sunscreen should be used daily.
- Do not spray tan or use self-tanner for 2 weeks before treatment.
- If you have an active cold sore/fever blister, canker sore, or shingles you will need to postpone treatment. If you are prone to developing cold sores/fever blisters or shingles, please contact us 1 week before treatment for recommendations.
- If you are treating your face, avoid any irritants or sensitizing agents (such as retinol, tretinoin, glycolic acid, salicylic acid, benzoyl peroxide, astringents, and topical Vitamin C) 7 days before treatment. If your skin is irritated please contact our office at least 24 hours prior to your appointment to reschedule.
- Do not tweeze or wax, or use depilatories (Nair) for at least 4 weeks prior to treatment as this removes the root of the hair which is the target.
- Do not bleach hair for 4 weeks prior to treatment as laser is ineffective on bleached hairs.
- If possible, please do not wear any makeup prior to your facial treatment.
- In women, the skin may be more sensitive during a menstrual period.
- Women may not be treated while pregnant.
- Patients actively undergoing chemotherapy or radiation treatment cannot be treated. Patients must be in remission for 6 months to be treated.
- If you have recently used the medication Accutane, please postpone treatment until at least six months after stopping the medication.
- Inform your clinician of all medical conditions, medications you are taking, skin disorders, allergies, and any other medical problems.

### POST-CARE

- Continue sun precautions for at least 2 weeks, and use sunscreen with minimum SPF of 30 at all times.
- Until initial skin irritation subsides, avoid hot water or any products irritating to the skin. Redness and perifollicular edema (bumps around hair follicles) are common and will resolve with time.
- The laser destroys only hair roots that are in the active growth phase. For best results, a minimum of 6-10 treatments are needed for effective results.
- Hair reduction will not be immediately noticeable. Affected hairs will typically release from the body within 1-3 weeks. Until this time, hairs may appear to continue growing and feel more coarse than usual until the body is able to expel them.
- Do not wax or pluck between treatments.