



LASER HAIR REMOVAL TREATMENT INSTRUCTIONS

Pre-Treatment Instructions:

- Area must be shaved 24 hours prior to your appointment.
- Please do not have any makeup/lotion/deodorant (on treatment area) the day of your appointment
- Be sure to advise your Aesthetician about any skin sensitivities or skin medications you are currently taking
- Avoid sunlight (including tanning beds) for 7 days prior to your appointment
- Please do not apply your own topical numbing at home.
- Do not use self-tanner or spray tan products for at least 2 weeks before your treatment
- Avoid waxing/threading/tweezing, sugaring, or chemical depilatories (i.e. Nair) in the area for at least 4 weeks – shaving only!

Post-Treatment Instructions:

- Redness and bumps are normal and to be expected – these may last up to 2 hours or longer. It is normal for the treated area to feel like a sunburn for a few hours. You should use a cold compress if the sensitivity continues.
- Cleanse the area treated gently. The treated area may be washed gently with a mild soap – be sure to pat dry and not rubbed during the first 48 hours.
- Keep the treated areas clean & dry – avoid makeup, lotion, moisturizer, deodorant for the first 24 hours.
- Dead hairs will begin to shed 5-30 days after your treatment. Stubble, representing dead hair being shed from the hair follicle, will appear within 5-30 days from the treatment date. that is normal & they will fall out quickly.
- Avoid the sun. Avoid sun exposure to reduce the chance of dark or light spots for 2 months. Use sunscreen (spf 25 or higher) at all times throughout the treatment period & for 1-2 months following.
- While it is unlikely, there is a risk a laser burn may occur. If this occurs, wash the area gently with a gentle cleanser and apply Neosporin.