

## LASER HAIR REMOVAL INSTRUCTIONS

### PRETREATMENT INSTRUCTIONS

1. **SHAVE** treated area as the laser energy must be directed to the hair follicle.
2. **NO SUN** or **TANNING** exposure 2 weeks prior to treatment. Always use sun block of SPF 45 or higher.
3. **DO NOT pluck, wax or tweeze during the time of laser treatments.**
4. You **MUST avoid** bleaching, plucking or waxing hair for 6 weeks prior to treatment. The melanin-containing hair must be present in the follicle as it is the "target" for the laser light.
5. If you have had a history of genital herpes simplex virus 1 or 2, cold sores or any variation of these you should be put on oral antiviral drugs (Zovirax or Famvir) beginning a day or two before treatment.
6. Laser heat can trigger reactivation of the virus in the same way as sun, stress and fever.
7. **DO NOT USE ANY ANTIBIOTICS** or any photosensitive medications during the time of treatment.
8. **NO Retin-A, Tetracycline, or Accutain while receiving facial laser treatment.**
9. **RECENTLY TANNED SKIN CANNOT BE TREATED!** The use of self-tanning skin products must be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.
10. At the time of treatment, laser protective glasses **MUST** be worn.
11. If consuming any hormone stimulating or anti-depression medication, client **MUST** notify us.

### POSTTREATMENT CARE

1. **NO SUN** or **TANNING** exposure 2 weeks after treatment. Change of pigmentation in the treated area will appear with combination of laser and sunlight. Always use a sun block of SPF 45 and higher.
2. Extra hygiene care at home required.
3. **DO NOT** pluck, wax or tweeze during the time of laser treatment.
4. **Redness** and **swelling** of follicles/tissue may appear after treatment. This will usually stay 15-20 minutes and up to a couple of days in a very sensitive skin.
5. To reduce swelling uses an ice pack. If scabbing, **pustules or follicle inflammation** appears, apply Hydrocortisone 1% or an antibiotic cream such as Neosporin, Polysporin and Bacitracin for 2-3 days after the treatment.
6. Do **NOT** PICK SCABS for proper healing of the skin.
7. When treating facial area, if make-up is necessary it **MUST** be fresh and can be used day after the treatment to minimize risk of irritation.
8. Do **NOT** TOUCH, RUB, SCRATCH and/or PICK treated area.
9. Within a few days after the treatment, stubbles representing **dead hair follicles will appear**. Complete exfoliation will take from 10-20 days.

Should you have any concerns or questions, please do not hesitate to call the office. Our main goal is Client satisfaction. That is why it's VERY important to educate our Client, so they will fully understand the procedure of Laser Hair Removal/Reduction and have trust, confidence cooperation in their decision.

Date: \_\_\_\_\_ Name: \_\_\_\_\_ Signature: \_\_\_\_\_

We guarantee our complete confidentiality, care and understanding.