

## Laser Hair Reduction Pre/ Post

### Pre-treatment Instructions:

1. Apply SPF30 sunblock to treatment areas that are exposed to the sun. Limit your exposure to the sun, tanning beds or tanning lotions for four weeks prior to treatment.
2. You will be asked to inform us if there has been any change in medical/tanning history prior to each treatment.
3. Stop the used of Accutane or Teracycline 30 days prior to treatment.
4. Please shave the area to be treated within 12 hours prior to the treatment. (We can shave and prep you at the regular hourly rate. You must schedule additional time for prep with the front desk.) If treating heavy beard, shave the morning of your appointment.
5. Do Not wax, tweeze or have electrolysis for four weeks prior to treatment.
6. Do Not use Retin-A or glycolics for three days prior to treatment.
7. Do Not use hair removal lotions or hair bleach for four weeks prior to treatment.

### Post treatment requirements:

1. Apply SPF30 sunblock on all treated areas that may be exposed to the sun.
2. Shaving or using clippers are the only acceptable methods of hair removal between treatments.
3. Treatment area should be **gently** washed twice per day with tepid water and mild soap.
4. **Do Not** expose the treated area to sun for prolonged periods for one week post treatment.
5. **Do Not** use Retin-A or glycolics for five days post treatment.
6. **Call us 48 hours prior to your next if there is no hair regrowth in area to be treated.**

### What to Expect after Treatment

1. Hair loss will be most evident ten days to two weeks after treatment. After your treatment you may expect a mild sunburn sensation that typically lasts 2-3 hours and redness and swelling that may last one day. To treat these side effects, apply cold (NOT ICE) compresses to reduce redness and swelling.
2. 6-8 treatments or more may be needed for maximum hair reduction.
3. Stubble representing dead hair from the follicle will appear a few days post treatment. If area is not sensitive, exfoliate the area gently with a loofah or a scrub after three days.