



Laser hair removal Pre & Post Care Instructions

For best results, please follow these instructions

Before your laser treatment:

1. Use sunscreen daily, sun burned skin cannot be treated.
2. Avoid any irritants to your face, such as any products containing Retin-A, retinol, benzyl peroxide, glycolic/salicylic acids or astringents for at least 2 weeks.
3. DO NOT pluck or wax for at least 1 month prior to treatment, this removes the target hair. DO NOT bleach or use “Nair”-type products for 2 weeks prior to treatment, this can irritate the skin.
4. Come in for pre-treatment photos unshaven prior to your first treatment. Before all treatments you should shave prior to your appointment.
5. If possible, please do not wear any makeup prior to your facial treatment.

After your laser treatment:

1. Avoid sun exposure to reduce the chance of dark or light spots for at least 2 months. Use sunscreen SPF 25 or higher at all times throughout the treatment and for 1-2 months following.
2. Until initial skin irritation subsides, avoid hot water and avoid anything irritating to the skin. Advil or Motrin can be helpful.
3. Avoid any irritants to your face, such as any products containing Retin-A, retinol, benzyl peroxide, glycolic/salicylic acids or astringents for at least 2 weeks.
4. The laser destroys only hair roots that are in the active growth phase. For best results, the procedure must be repeated in 6 to 8 weeks. The number of treatments needed depends upon the amount and character of the hair.
5. Some hairs are expelled during treatment, and others will release from the body in 1 to 3 weeks.