



Laser Hair Removal Pre- and Post-Treatment Instructions

Pre-Treatment Instructions:

- Please refrain from applying any deodorants, moisturizers, or oils on your skin prior to your appointment.
- Avoid self or spray tanners for 2 weeks prior to your treatment.
- Discontinue waxing, tweezing, plucking, or any other depilatory treatments for 3 weeks prior to your treatment.
- Shave the area 1-2 days before treatment. You will need 1-2 mm of stubble for a successful treatment.
- Treatment cannot be provided if you have been on Accutane (oral acne medication) in the previous 6 months.

Post-Treatment Instructions:

- You may return to your usual daily activities immediately following treatment.
- Your skin might feel warm after treatment, you can apply a cooling ice pack to the area treated.
- You can expect some mild swelling to the hair treatment area. This is normal. A cooling ice pack can help.
- Avoid extreme heat to the area for 24 hours after treatment (e.g., very hot shower, hot tubs, saunas).
- Avoid extended sun exposure or tanning for 1 week after treatment. Use of an extended spectrum SPF of 30 or higher is very important following any laser treatment. Apply multiple times throughout the day.
- Discontinue any peels or exfoliating treatments/agents for 24 hours after treatment as the skin surface will be sensitive.
- Hair will continue to grow and fall out over the course of your treatment. This is normal.
- Continue to shave over the course of your treatment, leaving 1-2 mm of stubble in place for your next hair removal appointment. Avoid waxing, tweezing, plucking, or any other depilatory treatments for the course of your hair removal series.

Results:

- For best results multiple treatments will be required. Please follow the schedule as outlined by your laser practitioner.

If you are concerned about an emergency, please call (541) 588-4252, or go to your nearest emergency room.