



## **LASER HAIR REMOVAL PRE TREATMENT INSTRUCTIONS**

- Discontinue antibiotics 7 days prior to treatment
- Discontinue any prescription topical creams 3 days prior to treatment if using cream to treatment area
- Shave area at least 48 hours before treatment
- Avoid significant sun exposure for 30 days before treatment
- Discontinue tanning or self- tanners 2 weeks prior to treatment
- Discontinue waxing, tweezing and depilatories 2 weeks prior to treatment
- Avoid deodorant, make-up and lotions on the day of treatment

## **LASER HAIR REMOVAL POST TREATMENT INSTRUCTIONS**

- Apply a hypoallergenic lotion to treated area. Post laser lotion works best to sooth irritation. If crusting develops it should be allowed to fall off naturally. Do not pick or scratch crust.
- Antibiotic ointment should be utilized if there is any blistering or break in the skin.
- Do not shave treated area for 1 to 3 days post treatment
- Normal skin care regimens, i.e., makeup, moisturizers, deodorant may be resumed the day after treatment if there is no redness, blistering or crusting present
- Wash treated area gently with mild soap and water. If treated area is irritated, the area should not be rubbed with a face cloth or towel. The area should be gently patted dry.
- Rough exfoliation can increase the incidence of post treatment complications
- Sun exposure should be avoided throughout the course of treatment. A broad spectrum sunscreen with an SPF of 30 or greater should be applied whenever the area may be exposed to the sun. Avoid major sun exposure for 72 hours post treatment.
- Following laser treatment activities, such as swimming, sports and/or strenuous exercise should be avoided for the first 2-3 days, or until any redness, crusting or blisters have resolved.
- Please contact the office if there is any indication of infection, crusting or blistering (210) 615-6625