

## Laser Hair Removal Pre and Post Care

### **Before** your laser treatment:

1. Before each treatment, please inform us if you are taking any new antibiotics or medications, as they may make your skin photosensitive and therefore we may not be able to treat you for one to two weeks after completion of the antibiotic.
2. Use sunscreen daily. Sun burned skin cannot be treated. We recommend Elta MD, which can be purchased at the front desk.
3. Avoid any irritants to your face, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or chemical peels **for at least 2 weeks**.
4. **Do not use self-tanning agents for at least two weeks** before any treatment. If you have used these products, thoroughly cleanse the area with abrasive/exfoliating scrub to remove all product two weeks prior to any treatment.
5. **DO NOT** pluck or wax for **at least 1 month** prior to your first treatment, continuing through the course of your treatments. Plucking/waxing removes the target hair. **DO NOT** bleach or use “Nair”-type products for **2 weeks** prior to treatment, this can irritate the skin.
6. Please **do not wear any makeup, perfume or lotions** in the treatment area prior to your treatment.

### **After** your laser treatment:

1. If treating the face, please continue using sunscreen daily for the entire treatment period.
2. Until initial skin irritation subsides, avoid hot water and 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, benzoyl peroxide, glycolic/salicylic acids, astringents or chemical peels for at least 2 days.
4. Do not wear tight, constricting clothing in the treated area as irritation can occur and skin cannot cool properly.
5. Do not exercise, receive any body treatments, take hot showers, use saunas or hot tubs until skin is back to normal.