



Instructions for Laser Hair Removal Treatments

Before your treatment...

- Shave area to be treated the morning of the laser treatment. Hair should be shaved cleanly. No waxing, tweezing or depilatories one month prior to treatment.
- Do not tan or use self-tanning products as they may cause adverse effects.
- Avoid aspirin or Aleve, Ibuprofen, Advil or Motrin and Vit E one week before treatment.
- Wear loose fitting clothing that allows comfort and modesty to the area to be treated.
- Drink plenty of water to keep your skin hydrated and reduce your healing time.
- You may resume normal daily activities following your laser treatment.

After your treatment ... (follow for one week after your treatment)

- Immediately following treatment, it is normal for your skin to look blotchy, pink or red and feel warm or hot to touch. These will subside within 24-48 hours.
- Wash treated area gently with soap and water. Avoid hot water on area for a minimum of 24 hours.
- Apply an Aloe Vera Gel as needed to treatment area.
- Avoid all sun exposure, self-tanning products and tanning beds for 1-2 months following your treatment.
- Avoid shaving over treated area if red and or swollen. Hair may remain for up to two weeks following your treatment. You may use a Loofa to remove loose hair after a treatment.
- Apply a broad spectrum UVA/UVB sunscreen with a SPF – 30 and zinc or titanium dioxide daily to treated area if in the sun for at least six months following the laser treatment.
- Avoid hot tubs, swimming for one week afterward as chemicals can cause infection.
- If a blister appears, apply Aloe Vera gel to blistered area until resolved. Keep clothing from rubbing blistered area.