

Laser Hair Removal:

Pre and Post-Treatment Instructions



Preparation for your tx:

Stop taking Accutane 6 months prior to your tx. You must consult with your physician if you wish to stop taking accutane.

No Waxing, Tweezing, threading etc 6 weeks prior and throughout series. Shaving only.

Avoid sun exposure and/or use a sunscreen with an spf of at least 30 within the 2 weeks prior to your tx, and completely avoid sun exposure for 48 hrs prior to your tx. The lighter your background skin color, the more effective your treatments will be. We cannot treat recently tanned skin as the laser will target the skin which can result in a burn. This includes self-tanners.

Stop taking any photosensitizing medications such as tetracycline, doxycycline, minocycline, etc, as well as any photosensitizing topicals such as Tretinoin, retin- a, etc one week prior to your appt.

Shave the treatment area 2 days prior to your appt.

Avoid anything harsh that could irritate the area such as glycolic acids or loofahs for 2 days prior.

Inform your technician of any changes in sun exposure, topical and/or oral medications.

Post-Treatment:

No sun exposure for 48 hours and until irritation subsides. After that, sun protection of at least Spf 30. No tanning throughout series. Again, you want your treatment area as light as possible to get the safest and most effective treatments.

Resume photosensitizing medications and topicals 24 hrs following tx and once irritation subsides.

Resume shaving, use of soaps/body wash and loofahs/wash cloths 48 hrs following tx and once irritation subsides.

Exfoliate in the direction of hair growth is recommended 48 hours following tx and once irritation subsides, and continue until 2 days prior to your next tx. This helps to work the hairs out and helps to prevent ingrown hairs once your next cycle of hair begins to grow in.

Typically majority of the hairs will fall out over the next 2 weeks even though only about 20% of those hairs will never return. Your next cycle of hair grows in prior to your next tx. If your next cycle of hair has not grown in at least one week prior to your next tx, call to reschedule your appt 2 weeks out. Let your technician know if you don't experience this.