

## Pre- Post Treatment Instructions for Laser Hair Removal

Laser hair removal is a popular cosmetic procedure designed to reduce unwanted hair. To achieve the best results and minimize any potential side effects, it's crucial to follow specific pre- and post-care instructions.

### Pre-Care Instructions for Laser Hair Removal

#### 1. Avoid Sun Exposure:

- Minimize sun exposure or self tanner for at least 2 weeks before treatment to avoid tanning. Tanned skin can increase the risk of side effects.

#### 2. Shave but do not wax or pluck:

- Shave the treatment area but do not wax or tweeze hair. This minimizes the risk of surface skin burns from hairs above the skin level but because the laser targets the roots of the hair, waxing or plucking can lead to decreased efficacy of the procedure.

#### 3. Cleanse your Skin:

- Ensure the treatment area is clean, dry, and free from cosmetics, creams, and lotions as these can affect the effectiveness of the procedure.

#### 4. Avoid Certain Medications:

- Avoid topical products that cause photosensitivity for three days prior to treatment.
- Refrain from other treatments such as BOTOX® injections, dermal filler injections, chemical peels, or microdermabrasion for at least 14 days prior to your appointment.

#### 5. Consult Your Technician:

- If you have a history of herpes or cold sores, consult with your technician about antiviral therapy before treatment, especially if you are receiving laser around the lips or chin area.

### Post-Care Instructions for Laser Hair Removal

#### 1. Apply Cool Compresses:

- Use cool compresses or soothing gels (like aloe vera) to alleviate discomfort and reduce redness and swelling that may occur after the procedure. Mild redness, swelling, or a sensation of a sunburn post-treatment is normal.

#### 2. Avoid Sun Exposure:

- Keep the treated area covered and avoid sun exposure to reduce the risk of dark or light spots for 2 weeks after treatment. Use a broad-spectrum sunscreen (SPF 30 or higher) daily.

#### 3. Do Not Pluck or Wax:

- Avoid plucking, waxing, and electrolysis as these methods can disturb the hair follicle in the treatment area.

#### 4. Gently Clean the Area:

- Clean the skin gently with soap and water. Avoid using very hot water and abrasive skin cleansers on the treated areas.

#### 5. Avoid Excessive Heat:

- For 24-48 hours post-treatment, avoid activities that generate heat, such as heavy workouts, saunas, or hot tubs, which can increase skin irritation.

6. Avoid Certain Medications:

- Avoid topical products that cause photosensitivity for three days post treatment.
- Refrain from other treatments such as BOTOX® injections, dermal filler injections, chemical peels, or microdermabrasion for at least 14 days post treatment.

7. Expect Temporary Shedding:

- Hair shedding is a normal part of the process. The treated hair will fall out gradually over the next 2 weeks and may appear as new growth.

8. Follow Treatment Plan:

- Attend all scheduled follow-up and maintenance treatments as recommended by your provider to achieve the best results.

Adhering to these pre- and post-care instructions can significantly enhance the effectiveness of your laser hair removal treatment and help you achieve smoother, hair-free skin.