



Pre & Post Care Instructions – Laser Hair Removal

Pre-Care

To ensure optimal results and minimize risks, please follow these guidelines:

- **Avoid sun exposure:** Stay out of the sun, tanning beds, and self-tanners for at least **2–4 weeks prior** to treatment. *Sunburned or tanned skin cannot be treated.*
- **Shave the treatment area:** Shave the area **12–24 hours before your appointment**. Do **not** wax, pluck, or use depilatory creams for at least **3–4 weeks prior**, as these remove the hair follicle necessary for treatment.
- **Arrive with clean skin:** Ensure the treatment area is free of **lotions, deodorant, makeup, or oils**.
- **Medications:** Avoid **antibiotics, photosensitizing medications, or Accutane** unless cleared by your provider. Inform us of **all medications** you are currently taking.
- **Avoid skin irritants:** Stop using **retinoids, glycolic acid, salicylic acid, and exfoliants** on the treatment area for at least **3–5 days before** your session.
- **Clothing:** Wear **loose, comfortable clothing** if treating larger body areas to reduce friction post-treatment.

Post-Care

It is normal to experience **mild redness, swelling, or warmth** (similar to a sunburn) for **24–48 hours** after treatment.

- **Soothe the skin:** Apply **aloe vera gel** or a **cool compress** as needed for comfort.
 - **Avoid heat:** Refrain from **hot showers, saunas, and hot tubs** for at least **24–48 hours**.
 - **Sun protection:** Protect the treated area from sun exposure. Apply a **broad-spectrum SPF daily**.
 - **Avoid irritants:** Do not use **retinoids, glycolic acid, exfoliants, or fragranced lotions** on the treated area for at least **3–5 days post-treatment**.
 - **Exercise caution:** Avoid **strenuous exercise, swimming, and activities that cause excessive sweating** for **24–48 hours**.
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✨ **Reminder:** Temporary redness or swelling is expected and should resolve quickly. For best results, follow the complete treatment plan and notify your provider of any concerns.