

# LHR Pre Care Instructions

## Laser Hair Removal Pre-Care Instructions



### Laser Hair Removal Pre-Care Instructions

- Please shave the entire area you desire treated within 24 hours of your planned treatment.
- Use a broad-spectrum SPF 30 (or greater) sunblock before AND after your treatments. Please avoid any sunless or direct sun tanning anytime within 2-3 weeks before your session. \*\*\***Nonadherence could result in hypopigmentation, burns, blisters, or needing to reschedule your appointment.**
- Avoid exfoliating agents like Retin-A, AHA/BHA, acne medication, or any irritating or drying products for 3 days prior to each treatment.
- Please notify your technician of any changes in topical or oral prescription medications, as they may influence the ability to safely or effectively provide treatment.
- You may bring makeup or concealer to re-apply on facial areas or to cover redness post-treatment.
- Avoid bleaching, plucking, or waxing 2-4 weeks prior to your appointment. Laser Hair removal requires visibility of the hair follicle which could get damaged with the above treatments.

### Possible Contraindications that need to be reported to your Provider:

- Accutane (e.g.: Isotretinoin) in the last 6 months
- Photosensitizing drugs (e.g.: Tetracycline)
- Avoid metal implants in thin skinned area; clavicle, jaw, orbit
- Do not treat over Pacemaker implant
- Vitiligo – heat from the treatment could induce a flare-up
- Do not treat dysplastic nevi or questionable pigmented lesions that may be suspected Melanoma.