



Laser Hair Removal Pre- and Post-Care Instructions

Pre-Treatment

- DO NOT wax, tweeze, thread, or bleach the hairs in the treatment area(s) for the duration of your treatment.
- The treatment area(s) should be shaved at least 12-24 hours prior to treatment. *We may not be able to perform your treatment if the hair is too long.*
- Wear loose-fitting clothes on the day.
- Do not exercise directly before the treatment.
- Avoid applying any products (SPF, lotion, deodorant) to the treatment area(s); the area(s) should be clean and dry. We will provide towelettes for cleansing if necessary.
- Do not expose the skin to UV light (sunlight or sunbeds) or apply any self-tanning products for 8 weeks prior to treatment. *Please let us know about any recent sun exposure or spray-tans.*

Post-Treatment

- Avoid exposing skin to UV light (sunlight or sunbeds) or spray-tans for at least 2 weeks after treatment.
- Avoid direct heat (baths, spas, steam rooms, and saunas) for 7 days. Avoid exercising and swimming (chlorine) for at least 48 hours.
- Do not scrub or exfoliate the treated area(s) for 7 days. This can potentially cause scarring/pigmentation.
- Avoid shaving the treated area(s) for 72 hours after treatment.
- Avoid make-up on the treated area(s) for at least 48 hours.
- DO NOT wax, tweeze, thread, or bleach for the duration of your treatment.
- Drink plenty of water to keep your skin hydrated.
- Wear loose-fitting clothes when possible to avoid rubbing in the treated area(s).
- You may apply cold-packs if necessary to minimize discomfort. Please notify us if you experience any lingering heat beyond 12 hours.
- You may apply aloe vera gel or OTC hydrocortisone to minimize any itching. You may also take antihistamines (Zyrtec, Benadryl, etc.) for swelling and itching.
- Wear a mineral SPF 50+ (contains zinc, titanium) and reapply every 2 hours when outside.

Swelling is normal for up to 24 hours post-treatment. If any symptoms (swelling, discoloration, abnormal draining, scabbing/crusting) have not resolved within 24-48 hours, **please call our office: 609-921-7747 and speak to your treatment provider.**