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# Laser Hair Removal

## Pre and Post Care Instructions

- Shave the treatment area within 24 hours of your appointment.
  - Do not wax, tweeze, or use hair removal creams 4-6 weeks before treatment.
  - Check your medication to see if it is photosensitizing. If so, please consult with your provider, as you should be off the medication for at least 2 weeks before treatment.
  - Discuss with your provider if you are currently on antibiotic treatments.
  - Avoid sun exposure on the treatment area for at least 2 weeks before treatment.
  - Stop using retinol and exfoliating products 5-7 days before your appointment.
  - Do not use sunless tanning products at least 2 weeks before treatment.
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## Post-care instructions

- Redness and mild swelling in the treated area are common and can last up to 48 hours.
- If you experience discomfort, you can take an antihistamine or apply a topical such as Aquaphor.
- Avoid sun exposure on the treated area and use SPF daily.
- Avoid excessive heat, such as hot showers, saunas, and workouts, for 24-48 hours.
- Hair will begin to shed in 1-2 weeks; it may look like hair is growing back, but this is part of the 10-14 day fallout process as the hair sheds.
- If desired, exfoliate the treated area 10-14 days post-treatment to help with shedding.
- Do not wax, tweeze, or use cream depilatory the treated area during the course of your treatments, only shaving.
- Treatments should be scheduled every 4-8 weeks for optimal results.

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Please contact your local office with any questions you may have on your treatment.