



Laser Hair Removal Pre-Treatment Care Instructions

PRE-TREATMENT CARE

- To keep skin healthy as well as eliminate bacteria, we recommend daily use of our Restorative Gel.
- Avoid tanning beds and sunless tanning products to prevent adverse reactions.
- Avoid sun exposure greater than 30 minutes, even if wearing sunscreen.
- Treatment area must be clean-shaven 12-24 hours prior to treatment. Unshaved clients will be rescheduled. Razors are not provided in the clinics.
- Skin must be clean and free of makeup, lotions, oils, deodorant, sunless tanning products, numbing cream, etc. Products on the skin can increase the likelihood of adverse reactions from the laser.
- Avoid physical activities that increase body temperature for at least 2 hours before treatments.
- Skin that is sunburned, hot to the touch, peeling or is otherwise damaged cannot be treated.

POST-TREATMENT CARE

- Mild redness and swelling of the hair follicles may occur (histamine reaction). This is normal and should lessen with time. Avoid picking or scratching the skin. Cool cloths may be applied.
- Avoid sun exposure, and other sources of UV light for 7 days post treatment. Careful sun exposure of no more than 30 minutes may be resumed from days 7-14 post treatment with daily use of zinc oxide sunscreen (SPF 30+). Avoid tanning beds for 14 days post treatment.
- Apply a zinc oxide sunscreen (SPF 30+) and use daily throughout treatments.
- To reduce heat retention, avoid tight clothing, boots, heated seats, etc. The body needs time to cool down after treatments to avoid complications.
- Avoid activities that increase body temperature for at least 2 hours after treatment, or longer if redness and bumps persists.
- If redness, swelling or itching continues, an over-the-counter cortisone cream and/or an oral antihistamine (Benadryl) may be used in addition to cool cloths and Restorative Gel. Do not apply ice directly to the treated areas.

POTENTIAL SIDE EFFECTS

- The best way to minimize the risk of side effects is to avoid UV exposure for 7 days pre and post-treatment.
- Avoid sunburns and tans for at least 2 weeks prior to treatment.
- Avoid sunless tanning products for 7 days before treatment.
- Provide your technician with an accurate and up-to-date medical history in order to receive safe ^[L]_{SEP} and effective treatments.
- Side effects are uncommon but may include; Hyperpigmentation (darkening of skin), Hypopigmentation (loss of skin pigmentation), mild to moderate burns or blisters, permanent skin discoloration, temporary redness, follicular edema (little pink/red “puffiness, and small bumps like “goosebumps”), swelling and itching in the treated area, hives, rashes, bruising, and lack of desired results.
- Clients who are pregnant cannot be treated.
- Technicians cannot treat over tattoos.

