



LASER HAIR REMOVAL TREATMENT INSTRUCTIONS

It is crucial to the health of your skin that these guidelines be followed.

PRE-TREATMENT INSTRUCTIONS

- No tanning or self-tanning before or between treatments. Tanned skin may absorb a portion of the energy that should be striking the hair follicle, resulting in pigmentation problems and a less effective treatment.
- Moisturize the areas that are being treated daily since dry skin may be more sensitive.
- Avoid any products on the areas to be treated on the day of your treatment.
- No waxing, tweezing or electrolysis treatments on areas to be treated. You can shave or clip hair. You should arrive with no more than one to two days of stubble in the treatment area. Longer hairs interfere with treatment.
- Do not take Isotretinoin (sometimes referred to as Accutane).
- If you have previously suffered from facial cold sores, there is a risk that this treatment could contribute to a recurrence. Please notify your provider. Oral antiviral medicines may be recommended for you.
- If you start a course of antibiotics, you cannot have a laser treatment while on the antibiotics and for a week afterwards.
- You will not be treated if you are pregnant.

POST-TREATMENT INSTRUCTIONS

- No tanning of the skin for two weeks after treatment.
- No exercising or working out for a minimum of 48 hours (if area is still red after 48 hours, wait until all redness has subsided).
- No saunas, hot tubs, or hot showers for a minimum of 48 hours (if area is still red after 48 hours, wait until all redness has subsided).
- Avoid any other activity that will cause sweating for at least 48 hours.
- Avoid using topical acne products in treated areas for 48 hours.
- Moisturize treated skin and wear sun block containing zinc oxide or titanium oxide with at least SPF 30.
- No waxing, tweezing, or electrolysis on treated area. You may shave or clip hair.
- Apply a cold, wet compress to treated areas several times a day if redness or irritation is bothersome.
- Keep regularly scheduled appointments as directed by your aesthetician to achieve maximum results. For questions or concerns after your laser hair removal treatment, please call 205.572.4906.

Facial Treatments: Every four to six weeks

Body Treatments: Every eight to ten weeks

This is based on the length of the hair cycle in each area. Repeat treatments that are too early or too late will result in less desirable results and more treatments.