



# LASER HAIR REMOVAL PRE & POST CARE INSTRUCTIONS

Due diligence with pre & post-care is essential to ensure the success of our laser treatments. **Ensure consistency with your laser hair removal appointments!** upper body laser hair removal sessions should be done every 4-6 weeks while lower body laser hair removal sessions should be done every 6-8 weeks.

## PRE CARE:

- 1. AVOID CERTAIN MEDICATIONS.** Certain creams (glycolic, tretinoin, retinol & some antibiotics) make you photosensitive & should be stopped one week before treatment.
- 2. NO FACIAL PEELS OR LASER SKIN CARE TREATMENTS.** No peels or strong skin care treatments for two weeks before & after laser treatments (or until redness subsides)
- 3. NO WAXING, TWEEZING, BLEACHING, THREADING OR OTHER HAIR REMOVAL TECHNIQUES.** Lasers target the pigment melanin in the hair beneath the surface of the skin. SHAVING: THE ONLY RECOMMENDED HAIR REMOVAL METHOD
- 4. NO LOTIONS, CREAMS, MAKE-UP, DEODORENT ON THE AREA TO BE TREATED.** Please arrive with clean skin void of any lotions, creams, makeup & deodorant. Laser light is negatively obstructed or refracted by these agents, reducing treatment effectiveness.
- 5. AVOID PROLONGED DIRECT SUN EXPOSURE.** Sunscreen SPF 45 or higher must be used when in sunlight. Prolonged sun exposure must be avoided for two weeks before treatment.



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## POST CARE:

Shortly after treatment, the treated area may feel and look sunburned. There may be mild redness (which can last for up to 2-3 days) and swelling at the treatment site (which can last 2 hours or more). In the 5-20 days following the treatment, surface hair will shed and new hair will appear. This is not new hair growth; the hair can be removed by washing the area with a wet cloth/loofah.

1. **ICE THERAPY.** Apply ice in 15-20 minute intervals for the first few hours after treatment to reduce any discomfort or swelling. If redness or swelling persists, ice can be used in 15-minute intervals 3-4 times a day for 3 days.
2. **MAKE-UP IS SAFE.** If there are no blisters, makeup can be applied immediately after treatment.
3. **AVOID PROLONGED DIRECT SUN EXPOSURE.** **Sunscreen SPF 45 or higher must be used when in sunlight.** Prolonged sun exposure must be avoided for two weeks following treatment.
4. **NO EXCESS HEAT FOR 24 HOURS.** Avoid strenuous exercise/swimming/hot tubs/bubble baths/saunas/hot showers/steam for 24 hours. Any extreme heat or sweating may sting or irritate the hair follicles.
5. **GENTLE WASHING & SKIN CARE.** Wash the treated area with cool or lukewarm water and pat dry for 3 days after treatment. Avoid scrubbing and very hot water for the first day. Use mild & sensitive moisturizers to rehydrate the skin (such as aloe vera or fragrance-free lotion).

Questions/concerns? Please call or text the office at 647-560-8333 or send an email to [info@lasermedicalclinic.com](mailto:info@lasermedicalclinic.com).