



It's crucial to *read and follow all the pre- and post-treatment instructions carefully* for the success of your laser treatments. **Please keep in mind that complying with these instructions will determine the results you get and minimize the chances of unwanted complications.** Thank you for your cooperation!

Laser Pre-treatment Instructions

1. **Apply a broad-spectrum physical sunscreen with SPF 50+ daily, indoors and outdoors**, to the treatment area that is exposed to the sun throughout your treatment. **Physical sunscreen** has zinc oxide or titanium dioxide as the main active ingredient. The skin does not absorb them; instead, they create a barrier on the skin's surface that bounces off UV rays, preventing damage and sunburn.
2. **Avoid sun exposure 4-6 weeks before and after your treatment. When outdoors, please apply your physical sunscreen (SPF 50+) every 2 hours, even on cloudy days.**
3. **Recently tanned skin cannot be treated!** If treated within 4 weeks of active tanning (natural sunlight or tanning booth), you may develop hyperpigmentation and other complications lasting up to 6 months to a year.
4. Please discontinue using self-tanning skin products 3 weeks before your treatment. Any residual self-tanner should be removed before your appointment.
5. **Discontinue products containing Retinol, Retin-A (tretinoin), hydroquinone, Glycolic Acid, Salicylic, or anti-aging products, dark spot/hyperpigmentation products, bleaching creams, or any prescription skincare products in the treatment area 1 week before and after your treatment. Also, please stop exfoliating the treatment area 1 week before and after your appointment.**
6. Do not take any medication that causes photosensitivity (antibiotics, steroids, St Johns' Wort, Accutane, etc.). You must be off these drugs for 2 weeks and Accutane for 1 year before you can be treated safely. In addition, avoid ibuprofen, aspirin, and aspirin-containing products 3 days before your treatment. Contact your prescribing provider to discuss your options if you are on any of these medications.
7. If you have a **history of cold sores or genital herpes simplex virus**, your provider may recommend prophylactic antiviral therapy, depending on your treatment area. Let our office know if you need a prescription.
8. **Avoid bleaching, plucking, threading, waxing, or using depilatory creams like Nair in the treatment area(s) 4 - 6 weeks before treatment.** These hair removal methods will displace the hair roots that need to be in place for the laser light to target and destroy. **Shaving is the only acceptable method of hair removal 4 - 6 weeks before and between your treatment.**
9. **For the best result, please shave the skin in the treatment area 24-48 hours before your treatment - shaving is not required for test spot appointments.**
10. Avoid coffee, tea, or other caffeinated beverages 24 hours before your appointment. Caffeine will increase skin sensitivity, which might increase your discomfort level.
11. Avoid scheduling your appointment 3 days before or after your menstrual cycle. Your skin is more sensitive during this time, and you might experience increased pain and discomfort.

The Day of Your Appointment

1. The treatment area must be free of any open sores, lesions, irritation or skin infections. **Gently wash the area(s) only with soap and water, and do not apply makeup, creams, deodorant, lotions, numbing cream, sprays, or any other products.** Any products on the surface of the treatment area might increase the chances of burns and other complications.
2. Please **wear loose, comfortable clothing** in the treatment area on the day of your treatment and for 3 days after. Do not wear tight clothing because this might cause friction, irritate your skin, and increase your chances of unwanted complications.

Laser Post-treatment Care/Instructions

First 7 days after your treatment

1. You may have redness and swelling of each hair follicle in the treated area lasting 2 hours to 3 days. You may also feel a sunburn sensation. Use hydrocortisone cream 2-4 times a day for 3 days to reduce itching and skin irritation. Do not use it for more than 5 days. Aloe vera gel (if you are not allergic) and cool compresses can also help. Avoid heat and do not use warm compresses.
2. **Avoid sun exposure for the first 3 days after treatment and continue to use sunscreen daily throughout your treatment.** Please note that sun exposure during the first 3 days may increase your chances of hyperpigmentation and other complications. After the 3-days of no sun exposure, please remember to reapply your sunscreen every 2 hours when you are outdoors.
3. **Avoid exercise, sweating, hot showers/baths, saunas, swimming pools, lakes, ocean water, and steam rooms in the first 3 days.**
4. For bikini or Brazilian treatment, please avoid friction or chaffing in this area for at least 3 days after your treatment. Picking, scratching, or friction will irritate the skin and increase your chances of complications.
5. For underarm treatment, please avoid deodorant for 24 hours to reduce the chances of skin irritation. You may use talc-free baby powder during the first 24 hours.
6. **Please be super gentle with the treated area(s) the first week - no shaving, scrubbing, exfoliating, picking, or scratching.** Use your hands, a gentle cleanser, and cool/lukewarm water to wash the area(s) twice daily and pat dry with a soft cloth. The pores will be open, and you should not apply heavy makeup, or creams as these may clog the pores and cause complications.

One week after your treatment

7. If there is no irritation, you can shave as needed.
8. **Gently exfoliate the treated area every other day using the brush in circular motions to prevent ingrown hairs.** Avoid exfoliating 1 week before and after your treatment.
9. *Within the first week, the hair in the treatment area will feel coarse. In about 5-14 days, the treated hair will start to fall out. It will appear like your hair is growing, but **don't panic**; it is just the purging phase. Shave as needed and continue to exfoliate your skin gently.*
10. Please do not wax, thread, bleach, pluck, pick or use depilatory creams in the treated area after your treatment. **Shaving is the only acceptable hair removal method before and between laser sessions.**
11. If you experience a histamine reaction or other complications after treatment, please contact us immediately for proper care instructions.
12. Please notify our office if you have any questions or concerns before or after your treatment.

Thank you again!!!