

Pre + Post Care

# Laser Hair Removal

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## Pre-Treatment

- Please **shave** (not wax) beforehand since laser hair removal still require hair follicles to be present
- Please come to your appointment with no or minimal makeup on your face and/or body
- Please do not use an exfoliator (chemical or granule) on your skin
- Avoid using any hot water on your skin, or having direct contact with sunlight

## Post- Treatment

- Avoid direct sun exposure for greater than 15 minutes.
- Always wear sunscreen SPF 30 or greater in all treated areas
- Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or services (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area.
- Even though pain, redness and blistering is very rare, applying ice packs to the treatment area before and after your treatment will help.
- Cleanse the area with tepid warm water. Avoid extremities of heat such as hot showers, hot tubs, and saunas for 72 hours after treatment.
- If you are getting treated on the face, it is safe to resume using Retinol 24 hours after your treatment.