



Laser Hair Removal Treatment Instructions

Pre-Treatment

- ❖ Avoid sun exposure and use a broad-spectrum sunscreen to protect the skin for at least two weeks prior to your appointment.
- ❖ Avoid plucking, waxing, or bleaching your hair for 6 weeks prior to your appointment as plucking out hair by the root will decrease the effectiveness of your laser treatment.
- ❖ Shave the day before your treatment (as directed by your provider). Shaving encourages the hair follicle to enter its active growing stage which is the ideal stage for laser targeting. Within 24 hours of your appointment, shave the area(s) to be treated. Do not wax or pluck. Shaving removes longer hairs while keeping the root intact. It's the root of the hair the laser targets, so the root must be present for your treatment to work best.
- ❖ Avoid lotions, oils, and deodorants prior to treatment. Arrive to your appointment with clean, dry skin. Moisturizers, creams, lotions, or oils can prevent the laser from accessing the root, as can sweat or other debris. If you are treating your underarms, avoid wearing deodorant until after your appointment.

Post-Treatment

- ❖ Avoid the sun (and tanning beds) and wear a high-quality sunscreen as UV exposure can irritate the treated skin and complicate the hair removal process.
- ❖ For the first 24 hours after your appointment, avoid all types of heat. Hot showers or baths, saunas, steam rooms, and exercise can lead to discoloration or infection. After 24 hours, it's ok to return to the gym, but continue to avoid the sun for up to 2 weeks. UV light, including that from tanning beds, can lead to scarring or permanent pigmentation.
- ❖ "Sun-less" tanning options like spray tans or self-tanning products can be used between treatment sessions as long as their use is discontinued 2 weeks prior to your next treatment.

- ❖ Continue to shave, instead of plucking, tweezing, or waxing, if you need to remove hair between treatments.
- ❖ Gently exfoliate the treated skin 2-3 times per week using a loofah or washcloth. This minimizes the risk of developing ingrown hairs.