

WHAT TO DO BEFORE YOUR LASER HAIR REMOVAL TREATMENT

SIX WEEKS BEFORE YOUR TREATMENT...

- Discontinue all hair removal methods in the treatment area EXCEPT for shaving—including waxing, hair removal creams or chemicals, tweezing and electrolysis.
- Discontinue bleaching your hair in the treatment area.
- Note: Due to treatment spacing and timelines, the above guidelines will need to be followed for the duration of your hair removal journey!

TWO WEEKS BEFORE YOUR TREATMENT...

- Avoid direct sun exposure and tanning beds
- Avoid spray tans and any other kind of self-tanners
- Apply sunscreen SPF 30+ daily, and wear barrier protection such as wide-brimmed hats, large sunglasses and protective clothing when outdoors
- Avoid aesthetic treatments that may cause irritation to your skin in the treatment area.
- Not sure? Reach out to us if you've had sun exposure or have other aesthetic treatments scheduled, as we may need to reschedule your appointment.

THREE DAYS BEFORE YOUR TREATMENT...

- Avoid topical irritants— these potentially include harsh soaps, medicated washes, scrubs, oils, retinols, scented lotions and peels.

THE DAY BEFORE YOUR TREATMENT...

- Shave the area(s) we're treating in the direction that the hair grows with a new, clean razor.
- Use a moisturizing shaving cream to reduce irritation.
- For face treatments, you may closely trim the hair with scissors or a trimmer if preferred.
(If you arrive unshaved, we may have to reschedule or not be able to treat all the areas planned!)

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THE DAY OF YOUR TREATMENT...

- Remove any products such as makeup, deodorant, lotion, sunscreen, etc. from the area being treated before your appointment. If you forget this one, we'll have wipes on hand.
- Cover any tattoos on or near the treatment area with a physical barrier—we can help you with this when you arrive

A Few More Things We Need To Know

ANY CHANGES TO YOUR MEDICAL HISTORY...

- New diagnosis? New pregnancy? New medications? We need to know. Please tell us, as some medical conditions and medications are not compatible with laser treatments. It may be necessary to reschedule your appointment, as your health and safety are always our top priority!
- IF YOU GET COLD SORES...
If you have a history of HSV-1 or HSV-2 and we are treating those areas, we recommend you take an antiviral medication starting 24-48 hours before your treatment to help prevent an outbreak, and continuing for three to five days after. Contact your primary care provider if you need prescription medication.