



## **Laser Hair Removal**

### **Before your treatment:**

- Shave 1-2 days prior to your treatment.
- Do not wax, tweeze or use depilatory creams for the duration of your treatment.
- Avoid significant sun exposure, tanning beds, sunless tanning lotions, Retin-A, and hydroquinone for two weeks prior.
- Notify your practitioner if you have:
  - Used Accutane in the last 6 months prior to treatment
  - A history of or any current outbreak of cold sores or genital herpes
  - Any permanent makeup and/or tattoos in the treatment area
  - Any makeup and/or tinted lotions applied to the treatment area that will need to be removed



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### **After your treatment:**

- Hair loss will be most evident 10-14 days after treatment.
- You may experience a mild sunburn sensation for 2-3 hours after treatment; and redness and swelling that may last one day. Apply cold compresses as needed.
- Keep the area clean and dry for 6 hours.
- Avoid working out and excessive sweating for 6 hours.
- Avoid excessive heat, very hot showers/baths, hot tubs, hot yoga, and saunas for 24-48 hours.
- Do not exfoliate the area for one week; including scrubs, Retin-A, and skincare containing alpha or beta hydroxy acids (AHA/BHA).
- Avoid sun exposure for at least one week.
- Always wear SPF 30+ on all areas treated that will be exposed to sunlight.
- Contact LivingYoung Center at 727-319-6884 if you develop any blisters, including cold sore, scabs, excessive swelling, infection, and/or excessive discomfort after treatment.