

LASER HAIR REMOVAL PRE-PROCEDURE INSTRUCTIONS

6 WEEKS BEFORE LASER TREATMENT

1. Waxing, plucking, or electrolysis of areas to be treated should not be performed for at least six weeks before laser treatment.
2. Any degree of suntan will make the laser treatment less effective and increase your chances of having adverse effects such as blisters and/or scars. It is absolutely necessary that you protect the area with a sunscreen that blocks UVA and UVB rays (SPF 15-30) before going outside.
3. Shaving and depilatory creams may be used.
4. Avoid using sunless tanning products.
5. For darker-skinned individuals, pre-treatment with a bleaching agent may make the treatment safer and more effective and one or more of the following may be prescribed for you.
 - 4% hydroquinone (*Soloquin Forte*) should be applied twice daily
 - 0.025% retinoic acid cream (*Retin A*) is applied once at bedtime (5-10 minutes before *Soliquin* if used together).
6. All Retinoic Acid, Glycolic Acid, and Alpha Hydroxy products ***should not be used*** two days before and after treatment.

TWO DAYS BEFORE LASER TREATMENT

1. Individuals with a history of herpes simplex (“cold sores” or genital herpes) should start taking oral anti-viral medications if the upper lip, chin or bikini area will be treated.
2. If you have been on an antibiotic within the last 14 days, please contact our office to reschedule your appointment. Antibiotics make the skin photosensitive and can increase the risk of an adverse reaction from the procedure. Laser hair removal will not be performed if you’ve been on antibiotics.

DAY OF LASER TREATMENT

1. Areas to be treated should be clean. Make-up and moisturizers should be removed with soap or alcohol before treatment.
2. **Shave the area to be treated** either the night before or the morning of your treatment.
3. For most laser hair removal procedures, a topical anesthetic is not necessary. If it was discussed at your consult appointment, please follow these instructions for application. Apply a thick coat of the topical anesthetic 1½ hours before treatment as directed. Apply the anesthetic every 30 minutes, totaling 3 applications. Do NOT occlude.
4. If doing treatment to match specific clothing please bring or wear them to your treatment visit (e.g. swimsuits, etc.). Please wear white undergarments if applicable to treatment area.

CANCELLATION POLICY: Due to our extensive waiting list, any laser appointment that is not cancelled with 24 hours of the appointment time will be charged in the amount of 50% of the services that were scheduled. Thank you for your cooperation and understanding.