

Before treatment

- Areas to be treated should be cleanly shaved the night before or the day of your hair removal treatment. The hair does not need to be visible to be treated.
- If you are coming in for a consultation and are hoping to have your treatment during that appointment, you must shave most of the area but leave a small patch (1 cm x 1 cm) of hair for color and texture assessments.
- Avoid sunless tanning products in the area to be treated for **14** days prior to your treatment. If you have used sunless tanning products in the past month, please exfoliate the area to remove any residual pigments prior to your appointment date.
- Avoid sun exposure for 2 weeks prior to your treatment. If you do spend time outside, please use an SPF of 50 on exposed skin. Tan skin increases the risk of side effects from the laser, such as crusting, scarring and hypopigmentation (lightening of the skin).
- Avoid all waxing, threading or tweezing in the treatment area for 4 weeks prior to being treated.
- Oral antibiotics can increase your sensitivity to the sun (sunburn) and also increase your risk of side effects from laser hair removal treatments. Possible side effects can include crusting, scarring or hypopigmentation. If you are put on antibiotics, please take the full course (take them as they were prescribed to you) and call our office to reschedule your appointment. You must be off antibiotics for a full 2 weeks prior to being treated for laser hair removal to avoid possible side effects.
- Topical antibiotics, retinols, retinoids, alpha hydroxy, beta hydroxy and hydroquinone should be avoided for 3 days prior to your hair removal appointment. These are generally facial products and only need to be stopped if you are having facial hair removal.
- Chemical peels, Botox or other fillers, and additional laser treatments should be planned for 2 weeks before or after laser hair removal treatments.
- Avoid physical activities that raise your blood pressure or body temperature for 2 hours prior to and after your laser hair removal treatments.
- Patients who have taken oral Accutane (Isotretinoin) brand names may include (but are not limited to) Claravis, Myorisan, Absorica, Amnesteem and Zenatane, in the past 6 months are not candidates for laser hair removal treatments within that 6 month time frame.