

# Laser Hair Removal Guidelines

- Patients should be freshly shaved for treatment
- You need to be at least 4 weeks post wax or tweeze, 6 weeks is preferable
- You should not be using any photosensitive antibiotics and have been off of them for at least 1 week
- All deodorant should be wiped free from treatment area.
- No UV exposure for 72 hours pre/post treatment
- Following treatment a recommended broad spectrum sunscreen will be applied to treated area and should continue to be throughout scheduled treatments
- If skin is irritated following treatment a 1% hydrocortisone cream can be applied
- It is not recommended to treat patients that are tanned. If you are present with a tan I will ask you to wait two weeks before proceeding with treatment
- Cold pack post treatment is available per request and will help minimize redness and irritation.
- You will experience a sensation like that of a sunburn for 1-3 hours post treatment
- Body hair is treated at 6 week intervals and facial hair is treated at 4 week intervals
- No pregnancy or breastfeeding
- Not recommended to shave laser site for at least 24 hours or until redness disappears
- No strenuous exercise, saunas, hot tubs, baths or hot showers for 24 hours