



### **Laser Hair Removal Pre-Treatment Care**

- **The area to be treated must be clean-shaven 12 -14 hours prior to appointment. Unshaven clients will be rescheduled.**
- **Avoid UV exposure 7 days prior to your treatment.**
- **Use Restorative Gel and zinc oxide sunscreen during laser hair removal treatments for maximum results.**
- **Clients who are sunburned, tan or have had extended sun exposure must wait 2 weeks before treatment.**
- **Avoid sunless tanning products 7 days prior to your treatment. It is recommended that you exfoliate the area to remove any residual color.**
- If applicable, apply numbing cream 15 to 20 minutes prior to your treatment. All products must be completely removed prior to treatment.
- Clients should come to appointments with clean skin in the area to be treated. If you are treating your face and/or neck, we will require you to cleanse again before being treated.
- Avoid chemical peels and other laser procedures in the area to be treated for 2 weeks prior and two weeks after your laser treatment.
- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), hydroquinone, retinols/retinoid), Tazorac, Differin for 7 days before treatment.
- Clients with any abnormal lesions, moles or spots on the area to be treated must be cleared by medical practitioner prior to treatment.
- Clients must stop waxing, tweezing and chemical epilation 3 weeks prior to first treatment.
- If you are prone to cold sores, take an antiviral medication (such as Valtrex) prior to your treatment. Clients with active cold sores may not be treated.
- Accutane, or similar products, used within the last 6 months are not eligible for treatment.
- Client should not perform any physical activity 2 hours before or after treatment.
- If you have botox or dermal fillers in the area to be treated, wait 14 days after injection.
- Antibiotics may increase photosensitivity. We recommend that you check with your personal physician prior to receiving laser treatments if you are taking a long term antibiotic. If you become ill and begin taking an antibiotic you will need to be off of the medication for 7 days before laser treatment.

### **Laser Hair Removal Post Treatment Care**

- **Avoid extended UV exposure for 14 days post treatment.**
- If blisters occur, do not puncture. If skin is broken, apply an antibiotic ointment until healed.
- You may apply cool towels or aloe vera to alleviate discomfort due to heat.
- Avoid any additional laser treatments or chemical procedures on the treated area for at least 2 weeks post treatment or until healing has occurred.
- **Using Restorative Gel and a broad spectrum zinc oxide sunscreen, UVA/UVB SPF 30 or higher, is critical when receiving laser treatments and is recommended ongoing for maintaining results.**
- If you experience any side effects such as hypo or hyper pigmentation, prolonged redness or swelling, histamine reaction, or blistering call or come in for instructions on treatment.
- To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.
- Exfoliate treated areas 2-3 days a week to minimize risk of ingrown hair.

I have read the pre and post care instructions and understand that it is my responsibility to follow this or I will be turned away from treatment.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_