

laser hair removal

LASER HAIR REMOVAL CANNOT BE PERFORMED IF YOU

- are pregnant or lactating
- have tanned skin or recently sun exposed skin, spray tan or use of a tanning bed (within 2 weeks prior to treatment) resulting in a tan
- applied **photo-sensitizing topical medications** or taken **oral photo-sensitizing medications**
- have an active infection or breakout in the treatment area
- have used Isotretinoin (**Accutane**®) in the past 6 months

PRE

- **discontinue any photo-sensitive oral medications, such as antibiotics, for 2 wks prior**
- **shave the entire area to be treated prior to treatment**
- **laser hair removal cannot be performed on tanned skin / "tan" skin** is as follows:
recently sun exposed skin or use of a tanning bed (within 2 wks prior to treatment) resulting in a tan, avoid spray tan for a minimum of 2 wks prior to treatment
- **laser hair removal cannot be treated directly over tattooed areas**
- **do not tweeze, pluck or wax the area to be treated prior to treatment**

POST

- **avoid extended UV exposure for 7 days post-treatment**
- if blisters occur, do not puncture / if skin is broken, apply an antibiotic ointment until healed
- tylenol is recommended for post-treatment discomfort
- **avoid additional laser treatments/chemical procedures** on the treated area for at least 2 wks after
- using a broad spectrum **spf 30** or higher is critical when receiving laser treatments and is recommended ongoing for maintenance
- **exfoliate** treated areas to minimize risk of ingrown hairs
- **for best results**, this treatment is recommended in a series of **6-8 treatments, spaced 4-6 weeks apart**

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