

## LASER HAIR REMOVAL PRE- & POST- CARE RECOMMENDATIONS:

### Pre-Laser Hair Removal Care:

1. **Shave the Treatment Area:** Within 12-24 hours before your laser session, shave the entire area you want to treat. Leave enough hair to be seen for treatment. This ensures that the laser targets the hair follicles effectively.
2. **Avoid Sun Exposure:** Limit sun exposure and use a broad-spectrum SPF 30 or higher on exposed treatment areas. Sunlight can harm sensitive skin and affect treatment efficacy.
3. **Avoid Tanning beds or Self-Tanning:** Limit tanning of any kind at least 2 weeks before laser treatment.
4. **Avoid Exfoliating Agents:** Refrain from using exfoliating agents like Retin-A, AHA/BHA solutions, chemical peels and acne medications on the treatment area for at least one week before each session.
5. **Do Not Wax before treatment day.** Refrain from other hair removal methods like waxing or plucking.



### Post-Laser Hair Removal [After] Care:

1. **Immediate Aftercare (First 24 Hours):**
  - o **Avoid Heat and Sweat:** Refrain from exercise, saunas, or any activity that increases temperature and causes sweating. Heat can worsen skin sensitivity and swelling.
  - o **Wear Loose Clothing:** Prevent irritation in the treated area by wearing loose clothing.
  - o **Keep the treated area cool and moisturized.** This will help soothe the treatment area.
2. **First Three Days After Treatment:**
  - o **Sun Protection:** Use SPF 30+ or higher and wear protective clothing if you're outdoors. Sun exposure can harm sensitive skin and affect treatment results.
  - o **Gentle Skin Care:** Opt for cool showers and pat your skin dry instead of rubbing. Avoid harsh topical products.
  - o **If Itching or Redness:** Apply a mild hydrocortisone cream mixed with a gentle emollient (such as Vaseline® or Aquaphor®) to soothe irritation, only if needed.
3. **Between Sessions:**
  - o **Shaving:** Of course you can shave the treated area between sessions.
  - o **Avoid Waxing or Plucking:** Refrain from other hair removal methods like waxing or plucking, as they can interfere with the treatment process.
  - o **Avoid Bleaching:** Do not bleach hair in the treated area, as it can disrupt the laser's ability to target hair roots.

Remember, proper aftercare is essential for achieving the best results and maintaining healthy, fuzz-free skin.