

LASER HAIR REMOVAL PRE AND POST CARE

Pre Treatment

SUN EXPOSURE. An active suntan will increase your chances of burning if you have a base tan; we can use our painless LHR machine, but only with reduced settings that will deliver fewer results. It includes sunless tanning lotions and spray tans.

Shaving:

Please arrive with clean, shaven skin. You can have a small amount of stubble, but hair with length will increase the pain of the laser. If you arrive unshaven by several days, we will not be able to treat you due to time. If you require help with shaving (your back) – please let

us know, and we will allow time for this before your treatment here at the spa. Do not rub, scrub, or use an exfoliant before (or after treatment).

Moisturizer:

It is possible to apply moisturizer at any time. Moisturizers should not contain fragrances, color, or any essential oils. We have several recommended options in the spa that have been proven safe and improve results.

Medications:

If you are prone to cold sores and want a Valtrex prescription, please get in touch with us or your doctor. It is not a usual complication of LHR.

If your doctor needs to put you on an antibiotic for other reasons, or if you take antibiotics regularly, please let us know – we may need to reschedule your laser or adjust your medications with your doctor.

Post Treatment

- You may notice swelling around the hair follicles. It is called perifollicular edema and is a good sign that your treatment works. It should go away within a few hours of your treatment.
- Rarely, itchiness may occur.

Oral Benadryl may alleviate itching but can cause drowsiness. Avoid scratching the treated area to prevent scarring and pigmentation issues. Oral Benadryl may relieve itching but can cause drowsiness. To prevent scarring and hyperpigmentation, avoid scratching the treated area, and call us if this is significant.

Post Care

- Use sunscreen daily, starting the day of your treatment, and be vigilant about it

Stay out of the sun the day of treatment and for any time if there seems to be some residual irritation to the hair follicles.

When to call us –

There may be some degree of follicular edema post-treatment; however, if you have excessive swelling, skin changes, or pain, you should contact the office immediately.