



Laser Hair Removal Pre Protocols

- ❖ Before each appointment confirm there have been no changes in your medical history, medications or skin care products since consultation.
- ❖ Shave the treatment area within 24 hours before all appointments or within 12 hours if it is fast growing hair. Please take your time shaving, we need it to be full, close shave.
- ❖ NO bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis for 4-6 weeks prior to your treatment, doing so will impede the effectiveness of the treatment. Only shave before and in-between treatments.
- ❖ Do not have unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks prior to this treatment or future treatments.
- ❖ Remember that laser treatments while menstruating will make you more sensitive, as may blood thinners.
- ❖ Please clean the treatment area before appointment, leave your skin FREE of cosmetics, lotions, creams, and perfume/colognes; also avoid wearing deodorant (underarm treatment).
- ❖ RNO jewelry or piercings can be worn near the treatment area; also, do not wear tight, constrictive clothing on the treated area; irritation can occur if skin cannot cool properly. Please wear a tank top if possible (underarm treatment).
- ❖ Ensure that you are not on antibiotics, nor have been in the past 4 weeks. Understand LHR removal cannot be done if you are on such medication.
- ❖ For this and future treatments stop using any active ingredients/photosensitive medications or products (such as Retinal, Hydroquinone or steroids) up to 7 to 10 days prior to the treatment. The reason for this is to avoid any chance of developing blisters. If you are not sure whether the medication you are taking is photosensitizing, please ask your prescribing physician prior to your appointment.
- ❖ Do not use fillers or Botox within 4 weeks before treatment in the treatment area, for this or future treatments.
- ❖ Confirm with the technician before treatment begins if you have tattoos. If a tattoo is in the treatment area, we will then proceed to cover the tattoo and make sure there's a 2-3 cm clearance from the laser treatment.
- ❖ Before the treatment begins, you will be given eye shields to wear to protect your eyes.



Laser Hair Removal Post Protocols

- ❖ No exercise, body treatments, hot tub, sauna, steams, swimming pools or massages, until skin is back to normal, 48-72 hours post treatment, or longer until the skin is no longer red/irritated. Do not participate in anything that will raise your body temperature. Please use cold/luke-warm water when washing the treatment area.
- ❖ No bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis in-between your treatments, doing so will impede the effectiveness of the treatment. Shaving is permitted only in-between treatments.
- ❖ The treatment area is very delicate and should be treated with care, gently clean with a mild cleanser, including when removing makeup. Normal skin care regimens such as makeup, deodorant, moisturizers etc. may be resumed the day after treatment if there is no extended redness, blistering or scabbing.
- ❖ Immediately after the LHR treatment there may be redness and bumps at the treatment site, this can last from a couple of hours to a few days. Aloe Vera gel, or 1% Hydrocortisone may be used if needed.
- ❖ You will avoid unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks post treatment. SPF 30+ is mandatory before/after/during/in between treatments to prevent burns.
- ❖ Do not use fillers or Botox within 4 weeks post laser treatments in the treatment area.
- ❖ Do not have additional treatments such as, but not limited to, peels, chemical or other, microdermabrasion, laser, or light therapy for at least 4 weeks post treatment.
- ❖ You may experience slight redness, bumps, and swelling in the treated area for up to 72 hours. If these conditions persist, treat like a mild sunburn, and apply an ice pack, cool towels, or aloe vera to affected area.
- ❖ Do not shave the treated area for 1-3 days, or until the skin has cleared up.
- ❖ It is recommended to lightly exfoliate the treated area three to five days following treatment to assist in the shedding of the treated hair follicles. Do not rub or pick the treated area.
- ❖ Please only use makeup after treatment, if there is no extended redness or irritation. Do not rub or pick the treated area.
- ❖ Do not use any active ingredient/photosensitive medications/products (such as retinal, Hydroquinone or steroids) for 7 days post treatment.