

**Before your LASER HAIR REMOVAL (LHR):**

Schedule a consultation to determine if you are a candidate, review LHR process, conduct test spots, decide on areas to be treated, and discuss pricing. You should not be pregnant. Breastfeeding is okay.

Avoid sun exposure which causes tanning to an area that is being treated for 4 weeks. If currently tan, wait until skin fades back to natural color (usually 4-6 weeks).

If you have taken Accutane in the past, wait 6 months before starting the process.

Don't wax, thread, or tweeze, area for at least 2 weeks prior. Stop Retin-A products 3 days before treating hair on the face. Shave the area 1 day prior to your appointment.

If treating the face and have had cold sores in the past, take an antiviral (Valtrex) before coming in and for 7 days after. We can e-scribe a prescription to your pharmacy if needed.

Numbing cream is usually not needed for certain areas. However, numbing options are available. Please ask during consultation if needed as extra time must be allotted on schedule at time of making the appointment.

**After your LASER HAIR REMOVAL:**

**A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling, 'welts'/bumps, and/or redness may also be present and can last 2-3 days.**

**Ice can be applied to the area after leaving office but is usually not necessary. You may use mild pain relievers as directed by the manufacturer's directions.**

**Some hairs and roots may still be present for 1-2 weeks. This is normal. Do not pick or pluck. Let them fall out naturally to prevent scarring and infection.**

**Re-apply sunscreen after 2 hours if outdoors and continue to use SPF 30+ ongoing. We offer many high quality sunscreens in our office for your convenience. Continue not to tan, so as not to delay the next appointment.**

**May shower with warm water and mild soap the same day.**

**Avoid deodorant that day if the underarms are treated.**

**Avoid highly chlorinated pools or salt water swimming until redness is resolved. Do not use aggressive exfoliates for 3 days.**

**Continue to avoid waxing, tweezing, threading or any hair removal method that removes the root of the hair.**