

BEFORE LASER HAIR REMOVAL

- Stop using skincare products with strong ingredients like retinoids or alfa hydroxy acid (AHA)
- Avoid all forms of tanning (i.e. tanning from the natural sun, tanning beds, spray tans, and self-tanning products) for 6 weeks prior to your treatment. Laser treatments on tanned skin can result in long-term pigmentation issues.
- Avoid plucking, waxing, or bleaching your hair for 6 weeks prior to your appointment as plucking out hair by the root will decrease the effectiveness of your laser treatment
- Shave the day before your treatment (as directed by your provider). Shaving encourages the hair follicle to enter its active growing stage which is the ideal stage for laser targeting
- Take a shower right before your appointment and clean the treatment area, making sure to remove dirt and oil from the skin. Avoid using any skincare products (including moisturizer) after you cleanse

AFTER LASER HAIR REMOVAL

- Avoid the sun (and tanning beds) and wear a high-quality sunscreen as UV exposure can irritate the treated skin and complicate the hair removal process.
- “Sun-less” tanning options like spray tans or self-tanning products can be used between treatment sessions as long as their use is discontinued 2 weeks prior to your next treatment.
- Continue to shave, instead of plucking, tweezing, or waxing, if you need to remove hair between treatments
- Gently exfoliate the treated skin 2-3 times per week using a loofah or washcloth. This minimizes the risk of developing ingrown hairs
- Take lukewarm showers for the first week after your treatment
- Avoid using perfumes or deodorants for 48 hours after your treatment