

## Pre/Post Instructions for Laser Hair Removal and IPL Photofacial Treatment

### Pre-Treatment Instructions

- No tweezing, waxing, threading or epilation two weeks prior, as well as in between your sessions. When you tweeze or wax, you are removing the hair follicle from the bulb, which is what the laser targets and destroys during your treatments.
- Area must be shaved 24 hours prior to your appointment.
- Bikini services, don't shave the part where you want to keep the hair and service will not be performed on menstruating clients.
- No makeup/lotion/deodorant on the day of your appointment (on treatment area).
- Stay out of direct sunlight for at least 4 weeks prior to your appointment
- Do not use self-tanner or spray tan products or skin lightening products for at least 2 weeks before your treatment to avoid potential injury.
- No use of Accutane up to six months before your first treatment.
- Cannot treat areas with tattoos, removed tattoos or cold sores. If you are prone to cold sores, you can take your preventative cold sore medication prior to treatment.
- You cannot receive any laser/IPL treatment if you are tanned or sunburned or have had recent exposure to the sun. (IPL is not recommended for dark skin types).

### Post-Treatment Instructions

- Do not rub the treated area while bathing (wash gently with mild soap).
- Avoid hot water for 24-48 hours after your appointment.
- You can apply makeup right away but it is preferred to wait if possible.
- No sauna, hot yoga, extensive workouts for 24 hours after your appointment.
- Use ointment or lotions on irritated areas (mild cleanser such as Cetaphil or Dove).
- No exfoliants on the treated area for 48 hours.
- No tanning or direct sun exposure to the treated area for the next 2 weeks.
- Use SPF 30 or greater at all times for 4-6 weeks post treatment.
- Do not wax, tweeze or use a depilatory cream to the treated areas for 1 week after your treatment. Do not do any of these actions in between treatments if your treatments are not complete.
- Avoid harsh topical products such as retinols and glycolic acid products for one week after.
- No swimming or hot tub, especially in pools with chemicals such as chlorine for 24-48 hours.
- For IPL- Do not pick at or remove any loosening or peeling skin. For pigmentation treatments, you will notice your sun spots will darken (like coffee grounds) for a few days prior to flaking off. Do not pick at the skin. You will also notice your skin may feel tight or slightly sun burned. This should last a few days.

Immediately after your treatment, some redness & bumps at the treatment area are common; these may last up to 2-5 hours or longer. It is normal for the treated area to feel like a sunburn for a few hours. You should use a cool compress if the sensitivity continues.

Dead hairs will begin to shed 5-30 days after your treatment. With each treatment your hair will grow back thinner and grow in patches (less hairs).