

# laser hair removal

## LASER HAIR REMOVAL CANNOT BE PERFORMED IF YOU

- are pregnant or lactating
- have tanned skin or recently sun exposed skin, spray tan or use of a tanning bed (within 2 weeks prior to treatment) resulting in a tan
- applied **photo-sensitizing topical medications** or taken **oral photo-sensitizing medications**
- have an active infection or breakout in the treatment area
- have used Isotretinoin (**Accutane**®) in the past 6 months

## PRE

- discontinue any photo-sensitive oral medications, such as antibiotics, for 2 wks prior
- shave the entire area to be treated prior to treatment
- laser hair removal cannot be performed on tanned skin / "tan" skin is as follows:  
*recently sun exposed skin or use of a tanning bed (within 2 wks prior to treatment) resulting in a tan, avoid spray tan for a minimum of 2 wks prior to treatment*
- laser hair removal cannot be treated directly over tattooed areas
- do not tweeze, pluck or wax the area to be treated prior to treatment

## POST

- avoid extended UV exposure for 7 days post-treatment
- if blisters occur, do not puncture / if skin is broken, apply an antibiotic ointment until healed
- tylenol is recommended for post-treatment discomfort
- avoid additional laser treatments/chemical procedures on the treated area for at least 2 wks after
- using a broad spectrum **spf 30** or higher is critical when receiving laser treatments and is recommended ongoing for maintenance
- **exfoliate** treated areas to minimize risk of ingrown hairs
- for best results, this treatment is recommended in a series of **6-8 treatments**, spaced 4-6 weeks apart

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