



**LASER HAIR REDUCTION  
PRE-TREATMENT INSTRUCTIONS**

1. Avoid deep tanning (sun, tanning beds, spray tans or tanning creams) four (4) to six (6) weeks prior to treatment. If you must be in the sun, use a sunscreen with an SPF of 25 or greater.
2. If you are having your face treated and have a history of perioral herpes (cold sores), prophylactic antiviral therapy **MUST** be started before treatment and continued for one week after treatment.
3. **TRIM OR SHAVE AREA TO BE TREATED TWO (2) DAYS PRIOR TO TREATMENT.** Refrain from tweezing or waxing. Shaving and trimming are better.

**POST TREATMENT INSTRUCTIONS**

1. It is normal for the treated area to feel like sunburn for a few hours following treatment. You may also notice redness and/or bumps. You may use a cold compress, aloe-vera gel, or 1% hydrocortisone cream in the treated area if needed.
2. Makeup may be worn following treatment. Use a moisturizer frequently, including under makeup, to help dead hair exfoliate from the follicle.
3. Avoid sun exposure for four (4) to six (6) weeks after treatment to reduce the chance of dark and light spots. Use sunscreen with an SPF of 25 or greater throughout treatment.
4. You may shave the treated area if necessary. Do not use any other form of hair removal (tweezing, waxing and depilatories), as these will prevent you from achieving your best result.
5. Shedding of dead hair, which may appear to be new hair growth, usually occurs between five (5) and fourteen (14) days following treatment. You can help exfoliate the hairs by taking a hot shower and rubbing with a washcloth or loofa sponge.



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