



Recommended Pre & Post Procedure Guidelines LHR (Laser Hair Reduction)

In order to minimize the risk of possible side effects and complications please follow these simple steps:

Pre-Treatment

- Avoid excessive sun exposure 4 weeks prior and post treatment, during the intense heat of the day (between 10am to 3pm) no more than 30 minutes in the direct sun. Wear a wide brim hat along with sunblock with an SPF 30 or higher and ideally use one containing Zinc and/or Titanium. This is regardless of the outside weather conditions as UV rays remain present and powerful during the winter months.
- Avoid self-tanners (spray tans, tanning lotions & tanning beds) 4 weeks prior to treatment.
- Do NOT wax, thread, tweeze or use depilatory creams (Nair) in the area to be treated 4 weeks prior to treatment.
- Discontinue use of topical products containing Retin A, Benzoyl Peroxide, Glycolic Acid, Exfoliators or Bleaching agents 3 days prior to each treatment.
- Please shave the treatment area the night prior to your treatment. This ensures the area will not be irritated during treatment. ***Failure to shave the treatment area prior to treatment will result in a \$75 Shave Fee.**
- Avoid oral antibiotics at least 3 days prior to treatment as some can make you sensitive to sun/ laser exposure.
- Let the provider know if you have a history of cold sores. An antiviral may be prescribed.
- You may NOT be pregnant or breastfeeding to have this treatment done.
- You may NOT have an active rash in the area being treated.

Post-Treatment

- You may experience mild swelling, redness, itching or a sunburn sensation which can last for 1-2 days. Apply an Aloe Vera gel or Hydrocortisone cream (DPC Aloe HC Cream) as needed to help the discomfort.
- Avoid exfoliators, loofahs, harsh chemical lotions, or tanning products for at least 7 days following treatments. Use a moisturizer with calming ingredients like green tea (DPC Green Tea Ultimate Moisturizing Lotion).
- Sunscreen must be used daily while undergoing treatments. This means 4 weeks prior and 4 weeks post. (Antioxidant Cream Sunscreen SPF 50).
- Makeup may be used 1 hour post treatment (if face was treated). Skin may be sensitive.
- NO Deodorant for 48 hours (if underarm was treated). Avoid tight clothing that will rub or irritate the area.
- Avoid strenuous sport activities, hot tubs, saunas, hot baths and showers for 48 hours.
- **ONLY** shaving is permitted between treatment sessions. We can't stress the importance of this as doing anything like waxing, threading, sugaring or tweezing will only hinder your treatment outcome.
- After your treatment the hair may appear to grow for up to 2 weeks. This is simply the treated hairs being shed from the follicles and is not new growth.

*Treatments are scheduled every 6 weeks for the face and 8 weeks for the rest of the body. Interruption of this schedule may cause less than optimal results.