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## Laser Hair Removal

### Pre Treatment Care

- Please give a close shave to the areas receiving treatment the evening prior to your appointment.
- Do not wax or otherwise remove the roots of the hair follicles 3 weeks prior to receiving laser hair removal.
- Do not bleach or lighten the color of any hair to be treated.
- The area to be treated should be freshly cleaned and left free from any make-up, perfumes, lotions, creams, and/or antiperspirants. You can remove these applications in the privacy of the treatment rooms prior to the application of our laser. We will provide you with complimentary antiperspirant post laser hair removal if needed.
- Avoid tanning (including sunless tanning products) 2 weeks leading up to treatments. While we can safely treat darker skin by scaling down the level of energy, doing so makes the applications less effective. The lighter the skin the better.
- You must advise us of any medications (prescription or over the counter) you're currently taking or have taken in the past 6 months which increases sensitivity to light. Examples include several antibiotic and antifungal medications as well as isotretinoin.
- Avoid anticoagulants for 7-10 days prior to treatment, if medically permitted.
- If you were given a prescription for Emla (Lidocaine/prilocaine) apply a thin layer to the area to be treated 1 hour prior to your laser appointment.

### Post Treatment Care

- We will apply a soothing lotion to treated areas.
- Moisturizer may be applied after each treatment.
- Make-up may be applied immediately after facial treatment.
- You can immediately engage in normal activities following your appointment.
- We advise the use of sunscreen for the next 48 hours. Immediate and continuous sun exposure, tanning, or working under halogen lights is to be avoided.
- Immediate redness (erythema) is to be expected and generally goes away in a few minutes or hours. Redness is a sign of effective damage to the follicles.
- Sun block should be used for 3 week following the treatment.

**Treatment Date:** \_\_\_\_\_ **Please arrive at:** \_\_\_\_\_