

Laser Hair Reduction

Before Care

For best results please follow these instructions

Do not wear makeup, products, or sunscreen on the treatment area(s) the day of treatment

Avoid swimming in pools immediately before (and after) treatment



If the treatment area is red, irritated or sunburned on the day of treatment, the treatment must be rescheduled

Hair should be cleanly shaved a day prior to treatment



Avoid or discontinue the following:

- **1-2 week prior:** exfoliants, glycolic acid, benzoyl peroxide, other skin irritants, retinoid products
- **2 weeks prior:** bleaching products, microdermabrasion, peels
- **4 weeks prior (and in between treatments):** self tanning products
- **4-8 weeks prior:** prolonged sun exposure, tanning beds
- **6 weeks prior (and in between treatments):** epilating, including: waxing, sugaring, plucking, threading & hair removal creams



**** Shaving is permitted and recommended ****

Some medications or supplements may increase the risk bruising. Consult with your physician



Notify clinic (587-200-8018) with any changes to your health history or medications since your last appointment