



LASER HAIR REMOVAL

PRE & POST CARE INSTRUCTIONS

Before your laser treatment:

- **BEFORE EACH TREATMENT, please inform us if you are taking any antibiotics or medications, vitamins or supplements or have a change in health history, as they may make your skin photosensitive; therefore, we may not be able to treat you for one to two weeks after completion of an antibiotic.**
- Use sunscreen daily, sunburned skin cannot be treated.
- Avoid any irritants to your face, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least TWO weeks.
- Do not use self-tanning agents for at least TWO weeks before any treatment. If you have used these products, thoroughly cleanse the area with abrasive/exfoliating scrub to remove all product two weeks prior to any treatment.
- DO NOT pluck or wax for at least ONE month prior to your first treatment, continuing through the course of your treatments. Plucking/waxing removes the target hair. DO NOT bleach or use “Nair”-type products for TWO weeks prior to treatment as this can irritate the skin.
- Please do not wear any makeup, perfume or lotions in the treatment area prior to your treatment.

After your laser treatment:

- If treating the face, please continue using sunscreen daily for the entire treatment period.
- Until initial skin irritation subsides, avoid hot water and anything irritating to the skin. Advil or Motrin can be helpful.
- Avoid any irritants to your face, such as any products containing Retin-A, benzoyl peroxide, glycolic/salicylic acids or astringents for at least 2 days.
- Do not wear tight, constricting clothing in the treated area as irritation can occur and skin cannot cool properly.
- Do not exercise, receive any body treatments, take hot showers, use saunas or hot tubs until skin is back to normal.

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