

## **Laser Hair Reduction Pre-Post Treatment**

- The best way to minimize the risk of side effects is to avoid UV exposure for 30 days pre-and post-treatment.
- Avoid sunburns and tans for at least three weeks before treatment.
- Avoid sunless tanning products for seven days before treatment.
- Provide your technician with an accurate and up-to-date medical history to receive safe and effective treatments.
- Clients who are pregnant cannot be treated.
- Technicians cannot treat tattoos.
- The area to be treated must be clean-shaven. Unshaven clients will be rescheduled.
- To avoid additional skin damage, sunburned or tanned clients must wait 30 days before treatment. Please consider this before purchasing.
- Avoid sunless tanning products seven days before your treatment. It is recommended that you exfoliate the area to remove any residual color.
- Clients should come to appointments with clean skin in the area to be treated. All clients treating any part of their face or neck must cleanse their entire face in the clinic.
- Avoid chemical peels and other laser procedures in the area to be treated for two weeks before and after your laser treatment.
- Avoid all alpha hydroxy and beta hydroxyl products (AHA/BHA), hydroquinone, retinol/retinoid, Tazorac, and Differin for 14 days before treatment.
- Clients must stop waxing, tweezing and chemical epilation three weeks before treatment.
- If you are prone to cold sores, taking an anti-viral medication (such as Valtrex) is highly recommended before your treatment. Clients with active cold sores will not be treated.
- Clients who have used Accutane or similar products within the last six months CANNOT have laser hair removal treatments.
- The client should not perform any physical activity that increases body temperature or blood pressure within 2 hours before and after treatments.
- If you have Botox or dermal fillers in the area to be treated, wait 14 days before and after injection to receive treatments.
- No antibiotic use with laser hair removal treatments. Antibiotics may increase photosensitivity. If you become ill and begin taking antibiotics, you must be off the medication for seven days before laser treatment.
- Clients with red, grey, or blonde hair in the area to be treated will find that laser hair removal treatments are less effective on these hair colors.
- Allow a minimum of 7 to 14 days post-treatment for hair to "fall out" or shed from the skin.