



Your Global Skin Specialist

HAIR REMOVAL

Pre-treatment

- ✓ It is recommended that the patient shave the treatment area within 24-48 hours prior to treatment.
- ✓ The patient must not tweeze, wax, or pluck the treatment area for six weeks prior to treatment.
- ✓ The treatment area must be free of make-up, lotion, deodorant, and ointments. It must be "squeaky clean". Ensure that the skin is dry prior to the treatment.
- ✓ Do not tan 10 – 14 days week prior to treatment.

Post-treatment

- ✓ The Patient must wear sunblock with at least SPF 30 after the treatment and during the course of treatments. Sunblock must be reapplied throughout the day.
- ✓ Hair will start to shed around 2-3 weeks post treatment. **NO TWEEZING, PLUCKING, OR WAXING of the treatment area during the course of treatments.** However, shaving or use of washcloth to exfoliate hairs is acceptable.
- ✓ Patient may reapply deodorant or make-up after treatment if the skin does not feel to irritated.
- ✓ Avoid **direct** sun exposure and tanning for at least 2-4 weeks prior to and 2 weeks after treatment.
- ✓ Use a cool compress post treatment for comfort. **NEVER** apply ice directly to the skin.
- ✓ Redness may last form 2-5 hours up to several days following treatment.
- ✓ The patient may have some swelling or itching post treatment. The patient can use topical hydrocortisone or Benadryl to alleviate this. An oral antihistamine can also be used. Non-drowsy antihistamine (such as Claritin) can be taken during the day to avoid the drowsiness associated with Benadryl.
- ✓ Avoid exercise for 24-hours post treatment.