

Congratulations!

We look forward to assisting you with your self-care regimen!

Laser Hair Removal

PRE-TREATMENT

3 WEEKS PRIOR

- Avoid tweezing or waxing.

1 WEEK PRIOR

- Avoid sun exposure and tanning lotions.

24 HOURS PRIOR

- Shave the area to be treated.

OF NOTE

- Skin must be clean and free of makeup, lotions, moisturizers, oils, and deodorant.
- You can take ibuprofen 30 minutes prior to your appointment to help with pain management.
- You may experience more sensitivity (pain) with excessive caffeine consumption within 24 hours of the treatment.
- Females: If your treatment is near or during your menstrual cycle, you may experience more sensitivity (pain).
- Please tell your provider if you have a history of cold sores in the treatment area. If so, you will be placed on a prophylactic medication starting the day of treatment x 3 days.