

Laser Hair Removal Guidelines

- 6 LHR treatments to an area should be scheduled 4-6 weeks apart. After 6 treatments, the hair is reduced by 80%.
- LHR is effective on darker hair colors only.
- Shave the area within 24 hrs of laser hair removal treatment.
- The treated area may be red or swollen afterwards. Small bumps may appear at the site of the hair follicles (can look similar to hives). This is normal & will fade in 3-5 days (sometimes less).
- DO NOT TAN. Being tan before or after laser treatment can result in discoloration of the treated area. This includes tanning lotions, tanning wipes, spray tans, etc.
- Do not apply any type of glycolic acid, exfoliation products, retinoids or other acne treatments to the treated area as this can irritate the skin. Stop any anti-aging products or products for correction for 5-7 days before & after treatment.

Post Laser Care

You have had laser treatment. Redness & tenderness of the treated area may last 3-5 days. Any bruising that occurs may last 1-2 weeks depending on the strength of treatment.

Please follow the care instructions to obtain the best results & avoid any complications:

- You may cleanse your face as usual but use a gentle formulated cleanser. We recommend Vanicream Gentle Cleanser or Free & Clear Cleanser. Gently cleanse your skin. Do not scrub.
- Avoid sun exposure. Use a sun block with at least SPF 30 that contains zinc to block harmful UV rays.
- Keep your skin moisturized at all times. If your skin feels tight, it is a sign to apply moisturizer. We recommend Vanicream & Elta MD products.
- Do not apply any type of glycolic acid, exfoliation products, retinoids, or acne treatments as this can severely damage & irritate the skin. Stop any anti-aging products or products for correction for 3-5 days after treatment.
- You may wear makeup following treatment.