



l a s e r h a i r r e m o v a l

LASER HAIR REMOVAL CANNOT BE PERFORMED IF YOU

- Are pregnant or breastfeeding
- Had sun exposure, use of a tanning bed, or spray tan within 2 weeks prior to treatment
- Applied photo-sensitizing topical medications or taken oral photo-sensitizing medications
- Have used Accutane® in the past 6 months
- Have active infection, HSV (1&2), or open lesions in the treatment area

PRE

- **Avoid sun exposure** and tanning beds for 2 weeks prior to treatment. Ensure any residual self-tanner is exfoliated at least a week before treatment
- Shave the desired area to be treated within 24 hours of your appointment
- Discontinue any photosensitizing medications, like antibiotics (if able), for 2 weeks prior to treatment
- Your provider may ask you to stop certain skin care products, like retinol, for 3-5 days prior
- Avoid waxing or plucking the hairs at least 6 weeks prior to treatment
- Arrive with clean skin: free of lotions, creams, or deodorant in the treatment area

POST

- There may be erythema (redness) and edema (swelling) of each hair follicle in the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days or longer in some cases. The treated area will feel like a sunburn for a few hours after treatment. **Do not** scratch or pick at the treated area—use cool compress as needed
- **Avoid sun exposure** for a minimum of 1 week after treatment and use SPF throughout the course of your treatments
- Avoid hot showers/baths, excessive heat, or strenuous exercise for 24-48 hours
- **Only shave**—do not wax, pluck, or tweeze the treated area. The melanin-containing hair must be present in the follicle as it is the “target” for the laser light
- Makeup may be used immediately after the treatment as long as the skin is not irritated
- Begin **gentle** exfoliation 5-7 days after treatment to help with the shedding of the treated hairs and prevent ingrowns

For any questions, please contact us at (512)608-1213 or info@preferredlaser.com.
We are always here for you!

P R E F E R R E D L A S E R + P O S T C A R E