

## **Pre and Post Treatment Instructions: Laser Hair Removal**

### **Pre-Treatment:**

- Avoid tanning beds, sun exposure and self-tanners for 10 days prior to treatment.
- You must shave or closely clip the hair of the body part to be treated. If you cannot shave yourself, then advise your practitioner and they may aid you to do this for an additional fee.
- No waxing, tweezing, electrolysis in the treatment area. Once the hair has been taken out, there will be no follicle for us to get heat to.

### **Post Treatment:**

- Care should be taken to prevent trauma to the treated area for the first 2 days following treatment. Shaving should be avoided post treatment for 24 hours.
- A minimum sunblock of SPF 30 (UVA/UVB) should be used for any sun exposure during your treatment duration.
- Tanning must be avoided 10 days prior and 1 week post a Laser Treatment.
- Cold packs can be applied to ease any temporary discomfort.
- Hair can take up to 3 full weeks to fall out, or in some cases as little as a few days. On average you should see hair falling out at the 7–10-day mark.
- If you experience any adverse reaction, it is important that you contact us right away at 505-772-0185, or email [contact@seamlessskinmd.com](mailto:contact@seamlessskinmd.com).
- In some people temporary itchiness can occur, you can apply hydrocortisone cream to the area to relieve the sensation.