



## **Hair Removal Pre & Post Treatment Guidelines**

### **PRE-TREATMENT GUIDELINES**

- Avoid unprotected sun exposure; this includes tanning beds 14 days prior to treatment. If you have had UV exposure or are experiencing any type of sunburn, the treatment will be rescheduled.
- Avoid all sunless tanning products for 7 days prior to treatment.
- Avoid waxing and tweezing of the area for 14 days prior to treatment.
- Avoid retinol/tretinoin and hydroquinone products for 7 days prior to treatment.
- Inform us if you are currently taking Accutane or have taken Accutane within the past 6 months.
- Avoid other laser treatments and chemical peels on treatment area for 14 days prior to your scheduled appointment.
- If you are having treatment on face, inform us if you are prone to cold sores. You may be given a prescription for Valtrex (antiviral) to be taken prior to treatment.

### **DAY OF YOUR TREATMENT**

- Please arrive day of treatment with area clean shaven.
- Please arrive day of treatment without creams, deodorant or make up on treated area.
- Prior to treatment, you will be asked a series of prescreening questions to determine your skin type and which laser settings are most appropriate for your treatment.
- You will be given eye shields to wear to protect your eyes.

### **WHAT TO EXPECT**

- Immediately after the treatment, there may be redness and bumps at the treatment area which may last up to 24 hours. It is normal for the treated area to feel like a mild sunburn during this time. For discomfort, you may apply cold packs.

### **POST-TREATMENT GUIDELINES**

- Do not apply make-up, creams, lotions or serums for 24 hours.
- Avoid sun exposure to reduce the chance of dark or light spots for 1-2 months. Always use sunscreen with SPF 30 or higher throughout the treatment and for 1-2 months following.
- Avoid any additional laser treatments or chemical peels on the treated area 14 days post treatment
- DO NOT wax or tweeze the treated area during the course of your treatments as it will prevent you from achieving your best results.
- You may shower after the treatment and the treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed. You may apply deodorant after 24 hours.
- Anywhere from 5-30 days after the treatment, shedding of the hair may occur and this may appear as new hair growth. This is not new hair growth but dead hair pushing its way out of the follicle. You can help the hair exfoliate by washing or wiping with a washcloth.
- A minimum of 6 weeks is required in between treatments.
- Please call aFresh Med Spa and Plastic Surgery (847)-786-5200 with any questions or concerns.