

Pre-treatment

- Please shave the entire area you desire treatment for within 24 hours of your planned treatment. Please note: If the area isn't shaved, we will reschedule your appointment.
- Use a broad-spectrum SPF 30 (or greater) sunblock before AND after your treatments. Please try to avoid natural tanning anytime within 2-3 weeks before your session. We recommend Elta MD.
- Avoid exfoliating agents like Retin-A, AHA/BHA, acne medication or any irritating or drying products for 3 days prior to each treatment.
- Please notify us of any changes in topical or oral prescription medications, as they may influence the ability to safely or effectively receive treatment.
- You may bring makeup or concealer to re-apply on facial areas or to cover redness post-treatment.
- We cannot treat areas with a tattoo. The tattoo will be covered with tape and surrounding areas will be treated.

Post-treatment

- Immediately after your treatment there will be slight redness and swelling around the hair follicles and mild discomfort like a sunburn.
- You may use cool packs or Elta MD laser gel may be applied.
- Do not rub or pick the treated area.
- Do not use any exfoliators or abrasive scrubs for at least 3 days or until the redness and sensitivity subside.
- Avoid strenuous sports activities, hot water, sauna, and Jacuzzis for up to 24 hours after treatment to minimize irritation and prolonged redness.
- Continue to use broad-spectrum SPF 30, or higher, for the duration of your treatments.

Scheduling Your Next Treatment:

- After your treatment, the hair may appear to grow for the next few weeks. This is simply the treated hair being shed from the follicle and is not new growth. Once the hair has fully shed you may be hair free for a few days, up to a few weeks leading up to your next treatment.
- Shaving is recommended between sessions and is recommended the day prior to your next appointment to minimize discomfort.
- Your sessions are typically scheduled every 4 weeks. Following this schedule is important to ensure success of the treatments.