



### **LASER HAIR REMOVAL PRE/POST-TREATMENT INSTRUCTIONS**

#### **PRE-CARE**

- Do not pluck, tweeze, wax, use a depilatory or undergo electrolysis in the areas you wish to have treated for 6 weeks prior to laser hair removal, only shave or trim the area.
- Do not tan the areas to be treated for 4 weeks prior to treatment.
- Avoid using self-tanning products for 2 weeks prior to treatment.
- Discontinue the usage of Retin-A (tretinoin) for a minimum of (72) hours prior to your scheduled treatment.
- If you experience occasional or have an active HSV (herpes) outbreak: Laser hair removal can irritate sensory nerves in the area, enough to create an outbreak. It is recommended that patients begin pre-treatment with antiviral medication, such as acyclovir, a minimum of 3-5 days prior to treatment. Patients are also encouraged to wait until all symptoms of HSV have ceased before getting laser hair removal. Should you require a prescription for acyclovir, please contact the medical spa to submit your request.
- If you are currently taking ACCUTANE and/or PHOTSENSITIZING medications, you are not a candidate for safe treatment. The last dose of Accutane must have been taken at least (1) year prior to treatment. The last dose of Photosensitizing Medications must have been taken at least (14) days prior to treatment.
- There will be a test conducted by applying 1-3 different power levels of the laser on the skin. (Patch Test).
- You are not a candidate for safe treatment if you are: pregnant or breast feeding, have a history of keloid or hypertrophic scarring, are insulin dependent or diabetic, and or have a pacemaker or defibrillator.
- Please note that if you take medications that induce hirsutism, results not be adequate.
- If you are taking any anticoagulant medications, please consult your prescriber as you will need to cease intake for 14 days prior to treatment.
- Areas with skin irregularities, such as moles or actinic keratosis, will not be treated.

#### **POST CARE**

- Some redness and swelling in the area are normal after treatment and may feel similar to a sun burn. This should resolve within several hours to several days after treatment. Redness or blisters can be treated with antibiotic ointment or burn treatment creams such as Bacitracin or a low concentration steroid cream. Avoid sunlight for one month following treatment. Tanning should also be avoided for at least one month after treatment as this may enhance melanin regeneration, which may result in hyper pigmentation.
- Gently clean area twice daily.
- Avoid irritants (glycolic, retinoid etc.) for seven days after treatment.
- Apply a sunscreen of SPF 30 or greater for 6 weeks over the treated area.
- If a water blister occurs, call the office and an oxygen treatment can be done to reduce inflammation and speed up the healing process. Do not rub, pull or peel skin from a blister. This could cause you to be left with a scar. Keep area moist to help with healing.
- For treatments delivered to areas from the clavicle up, retreatment needs to be received within 4-6 weeks.
- For treatments delivered to areas from the clavicle down, retreatment needs to be received within 6-8 weeks.

**It is the responsibility of each guest to fully review the aforementioned Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone in order to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).**