

Laser Hair Removal Pre/Post Instructions

- Patients with a suntan or sunburn cannot be treated. This can result in more absorption of laser energy and increase risk of burns; this is a standard contraindication. Patients cannot be treated if they have had visible sun exposure *or use of sunless tanners 2 weeks prior to treatment.*
- If treating face, stop use of Retinoids and AHAs 1 week prior to treatment.
- Patients must utilize a SPF 30 (or above) daily regimen.
- Notify the office of any changes to your health including medications such as Accutane or a history of seizures.
- Patients can be treated while on their menstrual cycle but can experience sensitivity.
- Area of treatment should be shaved prior to arrival for your appointment.

POST-TREATMENT INSTRUCTIONS:

- Do NOT scratch or scrub the area, exfoliation should be avoided during the first 3 days.
- Makeup may be used 24 hours post treatment.
- It is advised to avoid exercise 24-48 hours post treatment.
- Avoid hot tubs, saunas and steam rooms for 48 hours post treatment.

Please call our office at 610-519-0600 should any concerns arise.