



LASER HAIR REMOVAL INSTRUCTIONS

Pre-Treatment Instructions

1. Avoid sun exposure and sunless tanning products for 2-6 weeks prior to your treatment. This will decrease the risk of skin lightening. If you are exposed to the sunlight, apply SPF 25 or greater.
2. Avoid plucking, waxing, and electrolysis. These hair removal methods can disturb the hair follicle. Shaving is acceptable since it preserves the hair shaft and follicle.
3. Remove all creams, lotions, makeup, deodorant, and perfumes prior to your treatment for best results.
4. Avoid any irritants such as Retin-A, retinol, bleaching products, benzoyl peroxide, glycolic/salicylic acid, or astringents for at least two days.
5. If possible, avoid schedule your treatment during your menstrual cycle as you may experience a greater degree of discomfort.
6. Avoid shaving for twenty-four hours so that the area may be visualized. For areas with heavier concentrations of hair, you may shave just prior to your scheduled appointment.

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Post-Treatment Instructions

1. Avoid sun exposure, both natural sunlight and tanning beds.
2. When exposed to sunlight, apply SPF 25 or greater.
3. Redness/Bumps may last two hours or longer post treatment. The treated area may feel similar to sunburn. This temporary sensation may be relieved with cold compresses or aloe Vera gel (OTC).
4. Makeup may be used, however, be sure to apply a gentle moisturizer to assist dead hair follicles exfoliate from the follicle.
5. You may notice shedding of the hair 5 – 14 days post treatment. Although this may appear as new hair growth, this is the dead hair pushing its way out of the follicle.
6. Do not use any other forms of hair removal methods or similar products to the treated area. This includes tweezing, waxing, and hair removal creams. Shaving of the area is acceptable.
7. Avoid any irritants to your face such as products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acid, or astringents for two days post treatment.
8. If your underarm was treated, avoid deodorant for 24-48 hours.
9. Avoid the use of loofas or abrasive scrubs for 5 days.
10. Avoid hot water, saunas, and Jacuzzis for 3 days.
11. When washing the area, use a mild soap and cool water while avoiding rubbing of the area.
12. Be sure not to miss any of your scheduled treatments, as this will effect your outcome.

Temporary Side Effects

- Pain
- Redness
- Swelling
- Itching

Treatment Recommendations:

Facial Area: Every four weeks

Below the Torso: Every 8 weeks