

Before your laser treatment:

1. Use sunscreen daily, sun burned skin cannot be treated. We recommend SPF 30. It is our choice to protect your skin before & after treatment, to avoid complications that occur from other sunscreens and to work best with our laser.
2. For Laser Hair Removal of the face and neck, avoid any irritants to your face, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic or salicylic acids, astringents, chemical peels for **two weeks** prior to your treatment.
3. **For at least 2 weeks, do not use self-tanning agents, including bronzers, spray tans, artificial pigments, self-tanning lotions.** If you have used these products, thoroughly cleanse the area with abrasive/exfoliating scrub daily to remove all pigment two weeks prior to any treatment.
4. **For at least 1 month, DO NOT** pluck or wax prior to your first treatment. Avoid this throughout the course of your treatments. Plucking/waxing removes the target hair.
5. **For at least 2 weeks, DO NOT** bleach or use “Nair”-type products prior to treatment. This can irritate the skin.
6. Please **do not wear any makeup, perfume or lotions** on the treatment area prior to your treatment.
7. Before each treatment, please inform us if you are taking any new antibiotics or medications, as they may make your skin photosensitive and therefore we may not be able to treat you for one to two weeks after completion of the antibiotic. Additionally, please inform us if you become pregnant during the course of your treatment.

After your laser treatment:

1. If treating the face, please continue using our sunscreen daily for the entire treatment period.
2. Until initial skin irritation subsides, avoid hot water and anything irritating to the skin. We recommend a very gentle or sensitive skin cleanser throughout your treatments. Advil or Motrin can be helpful.
3. Avoid any irritants to your face, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic or salicylic acids or astringents for at least 48 hours.
4. Do not wear tight, constricting clothing in the treated area as irritation can occur due to friction and skin cannot cool properly.
5. Do not exercise, receive any body treatments, swim in a pool or the ocean, take hot showers, use saunas or hot tubs, or have significant sun exposure until skin is back to normal.