

## PRE-CARE INSTRUCTIONS

# LASER HAIR REMOVAL

### OVERVIEW

Shave-free days are in your future! We are excited to see you at your upcoming laser hair removal appointment, but there are a few things you'll need to do in preparation for treatment. Keep in mind that while there will be immediate reduction after one visit, it generally takes about 6-10 treatments for optimal results. So schedule supplemental appointments in advance. Please follow this list of instructions before your scheduled treatment date.

ACCESS THE ONLINE  
INSTRUCTIONS HERE



### PRE-CARE CHECKLIST:



4 WEEKS PRIOR

#### Set Realistic Expectations

Make sure you are a good candidate and set up realistic expectations.



2 WEEKS PRIOR

#### Stop Waxing

Stop waxing or plucking the area for at least 2 weeks before your treatment.



PRE-TREATMENT

#### Schedule Supplemental Appointments

Schedule all your supplemental treatment appointments in advance.



2 WEEKS PRIOR

#### Stop Using Harsh Chemicals

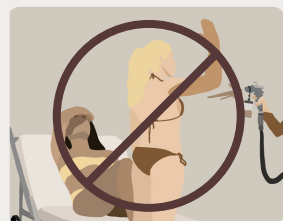
Discontinue harsh chemicals, depilatories, retinol, benzoyl peroxide, glycolic/salicylic acids, astringent, 2 weeks before treatment and 4 weeks after treatment.



4 WEEKS PRIOR

#### Stop Tanning

Cease sun exposure, tanning beds, and artificial tans 4 weeks prior to treatment.



7 DAYS

#### Stop Getting Other Treatments

Fillers, injectables, and peels must be avoided 2 weeks prior to treatment.





2 DAYS PRIOR

## Avoid Alcohol

Avoid alcohol for 48 hours before your treatment and caffeine on the day of your treatment.



DAY OF

## Wear comfortable loose fitting clothing.

Wear comfortable loose fitting clothing.

