



Hair Removal Pre & Post Care Instructions

BEFORE your Treatment:

1. No recent sun exposure to treatment area, without sunscreen, 7 days prior to your treatment.
2. Discontinue the use of: exfoliating creams such as Retin-A, Differin, Glycolic acid, alpha-hydroxy acid products 3-5 days prior to and during the entire treatment course.
3. The treatment area should be shaved or closely clipped before coming to the office the day of your first treatment and before all subsequent treatments. This will result in decreased pain, decreased skin reactions and an increase in optimum results.
4. **No** tweezing, waxing, sugaring, threading, electrolysis or any other epilation method for at least 2 weeks prior to treatment and for the duration of the treatments. The hair must be in the follicle to be permanently disabled.
5. Please do not come for your treatment with a tan or sunburn or the treatment may have to be rescheduled.

AFTER your Treatment:

1. A mild sunburn-like sensation is expected. This usually lasts 5-10 minutes but can persist up to 24 hours, individuals may vary. Mild swelling, tenderness and/or redness may accompany this, but it usually resolves in 2-3 days.
2. In rare cases, prolonged redness or blistering may occur. An antibiotic ointment (Polysporin, Bacitracin) may be applied to the affected areas twice a day until healed.
3. Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid scrubbing, use of exfoliants, scrub brushes and loofah sponges until the treatment area has returned to its pre-treatment condition.
4. Apply an SPF 30 sunscreen or greater to prevent skin color change.
5. For dry and itchy skin, apply a moisturizer twice a day until resolved.
6. The appearance of hair growth or stubble will continue for 7-30 days post-treatment. This is not new hair growth but the treated hairs being expelled from the skin. Hairs that were in the 'resting phase' of growth at the time of your treatment will enter the active phase in 1-2 months, depending on the body area.

Typically, five treatments are needed to achieve the desired results. Follow up treatment intervals are as follows: Face: 4 weeks, Arms/underarms: 4-6 weeks, Bikini: 6 weeks, Legs: 6 weeks. Do not pick or remove scabs or crusting should they appear. Clipping and shaving is permitted during treatment course. Please keep all follow up appointments and do not hesitate to call our office (205.877.9773) if you have any questions or concerns.