

Laser Hair Reduction Pre & Post Care Instructions

Pre-Treatment Instructions:

- Do not use self-tanning products or tan your skin before, immediately after, or in between treatments. Tanned skin may absorb some of the energy that should be treating the hair follicle, resulting in pigmentation issues and a less effective treatment.
- Moisturize the areas daily which are being treated, since dry/dehydrated skin may be more sensitive.
- Avoid using any retinol, AHA or BHA products for 3 days prior to your visit in the area to be treated.
- Avoid using any products at all in the treatment area on the day of your visit.
- Discontinue waxing, tweezing or electrolysis treatments. You can shave or trim the hair instead.
- Clients with a history of viral infections such as herpes simplex or cold sores may need to be prescribed an appropriate anti-viral medication to take prior to treatment to prevent a possible breakout.
- Clients taking Accutane must wait at least 6 months before starting any laser treatments.
- If you start a course of antibiotics, please inform your technician. It is best to delay your laser treatment while on the antibiotics and for a week afterwards due to photosensitivity.

Post-Treatment Instructions:

- Avoid extended sun exposure for 7 days post treatment.
- Moisturize the treated skin and wear sunscreen containing zinc oxide and/or titanium dioxide with of least SPF 30.
- NO exercising/working out, sweating, saunas, hot tubs, or hot showers for a minimum of 12 hours (if area is still red after 12 hours, wait until all redness has subsided).
- Discontinue waxing, tweezing or electrolysis treatments. You can shave or trim the hair instead.
- If excessive redness or irritation occurs apply a cold, wet compress to the treated areas several times a day
- Do not schedule any other types of treatments for the treated area such as facials, chemical peels or injectables until your provider recommends you to do so.
- Keep regularly scheduled appointments to achieve maximum results.

Possible Side Effect:

- Redness in the treatment area is normal for several hours post treatment.
- Localized swelling goes away within a few days.
- Treated hair can take up to 7-14 days to exfoliate from the follicle and may appear to be “growing” during this time.
- If blistering occurs, call Trio Med Spa immediately.