



## **Pre & Post Care for Hair Reduction Treatments**

*For best results please follow these instructions*

### **BEFORE EACH TREATMENT:**

- Hair should be cleanly shaven
- Do not wear makeup on the treated area the day of treatment
- **No** sun-tanning or self-tanners **2-4 weeks** prior to treatment
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician
- No waxing, plucking or tweezing at least **4 weeks** prior to treatment
  - Some body parts may require a longer wait time
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (depilatories, harsh chemicals, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment
- Female Clients: We **CAN** treat you while you are on your menstrual cycle. Please ensure you are wearing a tampon during your treatment.

### **AFTER EACH TREATMENT:**

- Avoid sun exposure and use a broad spectrum (UVA/UVB)sunscreen
- Redness and perifollicular edema (looks like a rash/bug bites) are common and resolve with time
- Bruising and swelling are less common but may occur and will resolve with time
- Hair may take up to **2-3 weeks** to fall out, a new growth cycle will take up to 2 months
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Do not wax or pluck between treatments
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair
- Consult with clinic about when to resume skin care regime
- **PLEASE CANCEL YOUR APPOINTMENT AT LEAST 24 HOURS IN ADVANCE** if you don't have sufficient growth

PROTECTIVE EYEWEAR MUST BE WORN DURING LASER TREATMENTS. INFANTS AND OR CHILDREN MAY NOT ACCOMPANY GUESTS INTO THE TREATMENT ROOMS, AS OUR EYEWEAR IS ONLY EQUIPT FOR ADULTS.

Clinic: **SD BOTOX**

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