

# Pre & Post Care Instructions

## Laser Hair Removal

### Pre-Care:

- Shave the treatment area 24 hours before the visit.
- No waxing, plucking, or depilatory creams for 4 weeks prior.
- Avoid sun exposure/self-tanner for 2 weeks.
- Do not use retinoids on the treatment area for 3-5 days.
- Arrive with clean skin—no lotion, deodorant, or makeup.

### Post-Care:

- Mild redness/heat is normal for 24 hours.
- Apply aloe or a cool compress for comfort as needed
- Avoid sun, heat, and exercise for 24–48 hours.
- No hot showers/saunas for 24–48 hours.
- Exfoliate gently after 72 hours to prevent ingrown hairs.
- Use a hydrating body lotion
- No body lotions with dyes or fragrance -72 hours
- No perfume -72 hours
- Continue sessions every 4–6 weeks for best results.
- No waxing, plucking, or depilatory creams for the duration of LHR treatments