

---

---

*Before and After Care Instructions*

---

---

Before and after the laser treatment you need to follow some simple care instructions to ensure your procedure is successful.

***Before:***

- ❑ **Shave** and **clean** the area to be treated the same day or day prior to your procedure. There should be no stubble.
- ❑ Do not wax, pluck, thread, or use depilatory creams 2 to 3 weeks prior to laser hair removal.
- ❑ Do not tan (outdoor/indoor and/or self-tanners) 2 to 4 weeks prior to the procedure, depending on the skin tone.
- ❑ If you are treating the face, do not wear make-up the day of the procedure. Also, do not use products containing glycolic acid or Retin A a week before and after the procedure.
- ❑ If needed, apply topical anesthetic cream in order to reduce pain. Please refer to the anesthetic's instructions.

***After:***

- ❑ Use sunscreen (SPF 25) or higher on the treated area and avoid sun exposure for four weeks following the procedure.
- ❑ The treatment area may be red, swollen or dry for several hours or even days. If redness, swelling or dryness persists, you may apply aloe vera, vaseline, or ice.
- ❑ Within two to three weeks after the procedure the body will exfoliate the dead hair. It may look like the hair is growing at a slower rate; however, it will eventually fall out.
- ❑ If hyper-pigmentation occurs, you may use an over the counter bleaching cream to reduce discoloration.
- ❑ Call to schedule your next appointment when you begin to see new hair growth – usually between 4 and 8 weeks.

**Your second visit should be 4-6 weeks from the initial procedure.  
For session 3 and beyond, refer to the following intervals:**

Head and Neck.....4-6 weeks  
Underarms, Bikini, Torso.....6-8 weeks  
Extremities (Arms and Legs).....8-12 weeks

---

---

**If you have any questions or concerns, please call the office at 703 807-0166.**

---

---