



Pre Laser Treatment

- Please remove all makeup, deodorant, lotion and ointments from the areas to be treated. Please arrive to your laser treatment clean shaven and bare of all products. We recommend coming in loose and comfortable clothing to maximise your comfort and experience.
- Please make sure your skin is at its natural color. NO sun exposure 2-4 weeks before and after treatment. Please make sure you have completely removed your spray tan. NO tanning lotions, tanning beds, tanning sprays and tanning solutions during treatment. You must cover all treated areas. Sunblock 30 SPF or higher is a must.
- You should NOT be taking or have taken antibiotics for a minimum of 14 days prior to receiving laser treatment. We will not laser if you have taken, or applied, antibiotics for a minimum of 14 days after your last dose.
- You may NOT be taking Aspirin or blood thinning medications for a minimum of 14 days prior to receiving laser treatment. Please avoid iron (in any form) 65mg, and above, for at least 3 days before and after your treatment. Please consult with us prior to discontinuing the use of any of the medications listed above.
- You may NOT be taking Retin-A, Retinol, Benzoyl Peroxide, and/or Niacinimide, Salicyclic, Hyaluronic, and other acid-containing products for a minimum of 7 days prior to receiving laser treatment. Please consult with us prior to discontinuing the use of any of the medications listed above.
- You may NOT have used Accutane or Immunosuppressants for a minimum of 6 months prior to receiving laser treatment.
- You may NOT receive facial treatments, microdermabrasion, or chemical peels for a minimum of 14 days prior to receiving laser treatment.
- For laser hair reduction, please shave on the day of your appointment. DO NOT wax, pluck, tweeze, thread, bleach, or use hair removal creams.
- You may NOT have any type of laser treatment if you are (or think you may be) pregnant or nursing.
- Please notify us if you have any medical conditions or history such as: Heart Disease, Thyroid, Diabetes, Cancer, Skin Disease, or any other conditions that we may need to be aware of. A medical history form is required to be completed before any treatment can take place.



Post Laser Treatment

- Immediately after the treatments, there may be redness and bumps, which may last up to 2 hours or longer. It is normal for the treated area to feel like sunburn for a few hours.
- Allergic reactions such as swelling, itching and/or hives are common. Oral or topical antihistamine, Hydrocortisone or Benadryl can be used.
- Avoid sun exposure, tanning lotions, tanning beds, tanning sprays, and tanning solutions 2-4 weeks after treatments.
- Use sunscreen! Sunblock 30 SPF or higher is preferred for 4-6 weeks following your treatment. BE ADVISED that not using sunblock properly may cause hyper-pigmentation, which can last several months to years.
- Avoid picking or scratching the treated skin. Use gentle cleansers and do not rub your skin vigorously. Keep the treated area clean and dry for a few days.
- Makeup may be used 24-hours after the treatment, unless there is epidermal blistering.
- Do NOT exercise or use deodorant for at least 24 hours post treatment. No Jacuzzi, sauna, steam room, or hot showers 24-72 hours post treatment.
- You may NOT receive facial treatments, microdermabrasion, or chemical peels for a minimum of 14 days post laser treatment.
- For Laser Hair Removal: Anywhere from 5-30 days after the treatment, shedding of the hair may occur and this may appear as new hair growth. This is not new hair growth, but dead hair pushing its way out of the follicle.
- For Laser Hair Removal: Hair re-growth occurs at different rates on different areas of the body. You may not see the hair growing or pushing out evenly throughout treatments, but this does not mean the treatment is not working. Please remember laser hair removal is a treatment process and true results will be seen gradually.
- For Laser Hair Removal: DO NOT USE any other hair removal methods or products on the treated area during the course of your laser treatments, as it will prevent you from achieving your best results. Shaving is permitted if needed between sessions.
- The recommended return time is between 4-6 weeks for laser hair removal.
- Stay hydrated and avoid smoking to ensure a fast healing process.
- Contact us with any questions or concerns you may have after the treatment.