



Hair Removal Pre-Treatment Instructions

1. Avoid sun exposure and tanning beds for 2 weeks before treatment. Self-tanning products should not be used for 30 days prior to treatment.
2. Shave the area to be treated 1 – 2 days before treatment. Laser hair removal works best when the hair is 1 – 2 millimeters in length.
3. During your treatment program, stop all forms of hair removal on the treatment area that removes hair by the roots (such as waxing and plucking).
4. On the day of your treatment, plan on wearing comfortable, loose fitting clothing.
5. Recent sun exposure may result in cancellation of the treatment. Please refer to the following guidelines:
 - a. A broad spectrum (UVA/UVB) sun block with an SPF of 30 should be applied 15 minutes prior to casual sun exposure (driving to work, etc).
 - b. Prolonged sun exposure requires repeated applications of sun block every 2 hours (yard work, beach activities, etc)
 - c. Sun block must be reapplied after swimming.