

Pre-treatment Instructions:

- Apply SPF45** sun block to treatment areas that are exposed to the sun. You may improve your results by limiting exposure to the sun, tanning beds or tanning lotions for four weeks before treatment.
- Inform us** if you have taken Tetracycline or Zithromax in the past month or if you have taken **Accutane** in the past year or are planning to begin taking any of these.
- Shave** the area to be treated within 12 hours prior to the treatment. (We can shave and prep you at the regular hourly rate. Schedule additional time for prep with the front desk.) If treating heavy beard, shave the morning of your appointment.
- Apply** topical anaesthetic prior to coming in for your appointment if directed to do so.
- Do not** wax, tweeze or have electrolysis and do not use hair removal lotions or hair bleach for four weeks before treatment.
- Discontinue** all Retin-A, Renova, glycolic acids, vitamin C products and anything else which can be irritating, for three days before treatment.
- Remove** any makeup, lotions, deodorant/antiperspirant and cleanse and dry area to be treated prior to treatment.

Post Treatment Instructions:

- Apply** SPF45 sun block on all treated areas that may be exposed to the sun for a minimum of two months. Avoid prolonged sun exposure to treated area.
- Shaving** or using clippers are the only acceptable methods of hair removal between treatments.
- Wash** treatment area with a gentle cleanser, use cool or tepid water and pat dry.
- Do not use** Retin-A or glycolics or other irritants for five days post treatment.
- If prescribed**, continue use of anti-viral medication.
- Call us** 48 hours before your next appointment if there is no hair re-growth in treated area
- Apply** 1% hydrocortisone cream to treatment area if directed to do so.

Post Treatment Expectations:

- Hair loss** will be most evident ten days to two weeks after treatment. After your treatment you may expect a mild sunburn sensation that typically lasts 2-3 hours and redness and swelling that may last one day. To treat these side effects, you may apply cold compresses.
- 6-8** treatments or more may be needed for maximum hair reduction.
- Please call us** at the first sign of persistent pain or blistering.
- Inform us** of any changes in your medical or tanning history at **each** visit and inform us if you become pregnant.