

*Pre-Treatment*

- We will have you thoroughly clean and dry the area before treatment. Remove any make-up and/or lotions and make sure that the skin is dry in the area to be treated.
- Notify your practitioner if you have any hormonal conditions, including but not limited to PCOS (Polycystic Ovarian Syndrome), as these conditions tend to cause aggressive hair regrowth after laser treatment.
- Avoid sun exposure or tanning 1-2 weeks before laser treatments.
- Notify your medical professional of any medications you have used within the last 6 months. No antibiotics 2 weeks prior to laser treatment or as directed by practitioner.
- Discontinue of all topical medications (Retin-A, Retinoids etc.) 3 weeks prior to treatment.
- Stop bleaching hair 2-3 days prior to laser treatments if the face is being treated.
- If you work out, it is best to do this before treatment, but definitely not immediately after laser treatment.
- Notify your medical professional if you have a history of Herpes Simplex; cold sores (genital/nasal/perioral).
- Numbing cream cannot be used while breastfeeding if needed.
- Avoid other treatments (microdermabrasion peels, etc.) before and after treatments.
- Discontinue waxing, tweezing or plucking 3 weeks prior to treatment and throughout the remainder of treatments. Shaving is required 2 days before treatment, as small 2-3 mm stubble of hair **MUST** be present for the treatment to be effective. If shaving assistance is needed; \$30 dollar fee will apply.
- Please notify us prior to treatment of any changes in your medical history, medications, pregnancy and irritated skin (sun burn). If pregnancy occurs during the course of treatment, we will postpone treatments until after delivery.
- If you arrive to your appointment and the above pre-treatment has not been followed we will not be able to treat you. A fee will be assessed and your appointment will have to be rescheduled as if you had missed an appointment per our Cancellation Policy.

*Post-Treatment*

- After treatment, there should be redness and bumps at the treatment sites. This may last up to 2 hours or longer. It is normal for the treated area to feel like a sunburn. You may apply cold compresses if needed.

- Patients may respond very little or not at all, even if all the settings and techniques are properly applied because of the insufficient melanin in the hair follicles, hormonal conditions or medical issues. Additional maintenance treatments may be needed after all scheduled treatments are completed.
- You may return to your normal daily activities immediately after your treatments. Avoid hot showers/baths or hot tubs 24-48 hours after treatment.
- Avoid extended sun exposure or tanning for 1-2 weeks post treatment to prevent dark or light spots. If you must go in the sun, use of a broad spectrum UVA/UVB minimum of SPF 30 is very important after receiving any laser treatment. Remember to reapply throughout the day. Spray tanning can be continued 2 days after treatment.
- Refrain from applying makeup for 48 hours. If makeup is needed, use 30 minutes after the treatment, but make sure you have moisturizer on under your makeup. Any moisturizer **WITHOUT** alpha-hydroxy acids will work.
- Continue a regiment of shaving through your course of treatments, 2 days before each treatment session, to ensure any remaining follicles are present at treatment. Do not use any other hair removal methods or products on the treated area during the course of your laser treatments(tweezing, waxing and depilatories), as these will prevent you from achieving your best results.
- To achieve the best results, complete the full treatment schedule at the intervals recommended by your laser practitioner.
- If the area becomes tender, reddened or shows signs of infection, please notify the office immediately during business hours at 903-534-0773. After business hours, please report to the nearest emergency room or urgent care.

Your next scheduled appointment will be \_\_\_\_\_.