

Pre-Treatment

- Notify your practitioner of any medications you have used within the last 6 months. Discontinue use of topical medications 3 weeks prior to treatment.
- If you work out, it is best to do so before rather than after treatment.
- Stop bleaching hair 2-3 days prior to laser treatments, but definitely not immediately after.
- Notify your practitioner if you have a history of perioral herpes.
- 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.
- Remove any make-up/lotions/aftershave/colognes and make sure that the skin is dry in the area to be treated.
- A topical anesthetic can be prescribed by your practitioner to assist with numbing of the area. Also, a topical antibiotic can be prescribed to help reduce the risk of secondary folliculitis.

Post-Treatment

- You may return to your normal daily activities immediately after your treatments. Avoid hot showers/baths or hot tubs 24-48 hours after treatment.
- The area may notice redness, swelling, at the treatment site as this is a normal reaction. Apply a cold compress to treated area if needed.
- Avoid extended sun exposure or tanning for at least 1-week post treatment. If you must be 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 may be continued 2 days after treatment.
- Continue regiments of shaving or clipping hairs through your course of treatments to ensure any remaining follicles are present at treatment. Refrain from any other forms of hair removal (waxing, tweezing, depilatories, microdermabrasion, peels, etc.)

- Patients may respond little or not at all after the first treatment. 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 _____.

Other recommendations
