



Pre-Treatment Instructions for Laser Hair Removal

Two to four weeks before your laser treatment please avoid all:

- direct sun exposure or tanning beds
- self-tanning lotions
- sunless spray tans
- Pigment from either the sun, tanning beds, or self-tanners can absorb more energy from the laser and can lead to more complications and discomfort.

Please shave the night before your treatment if:

- You are having your legs or arms treated
- You are a man having laser treatment of your face/neck/arms/legs/hands/back/chest

Please DO NOT wear any makeup to your laser appointment if you are having your face treated.

- If you must wear makeup to your appointment, please arrive early to allow time to remove it prior to your treatment.
- Makeup can absorb energy from the laser and leads to increased discomfort and complications.

For superior results from your laser, you may want to:

- Schedule a facial peel 1 week prior to your first treatment. This preps the skin.
- Begin your personalized skin care regimen 1-4 weeks prior to your first treatment. This also preps the skin and gives superior results.

826 Main Street, Klamath Falls, OR, 97601

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Post-Treatment Instructions for Laser Hair Removal

Wear sunscreen EVERY DAY – rain or shine!

Use your physician-prescribed skin care products as directed. You should plan to always use these same products, even after you have achieved your results. This protects your skin AND your investment!

Redness may occur and can last 48-72 hours. You may also notice a red ring around the brown spots; this is normal.

The brown spots will turn darker after your laser treatment. This is a good thing and represents a great response from the laser treatment. The darkening will gradually flake off in 7-14 days. DO NOT pick at or scrub these areas!

Avoid the sun, hot tubs, saunas as well as other sources of excessively hot environments for 48 hours after your treatment

You may experience the sensation of mild sunburn after your treatment. For relief, you may take Ibuprofen or use ice packs.

You may apply makeup immediately after your treatment. Should blistering or crusting occur please contact our office.

You will have a laser hair removal treatment every 4 weeks. Optimal results take 3-6 treatments, depending upon the severity of the sun damage.

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