

LASER HAIR REMOVAL GUIDE

PRE & POST TREATMENT CARE PROTOCOL

Expert care before and after treatment makes all the difference. Follow these professional guidelines for safer treatments, better results, and healthier skin.



PRE-TREATMENT PREPARATION

Prepare your skin. Enhance your results.

01



SKIN PREPARATION

- Avoid sun exposure for at least 2–4 weeks before treatment.
- Apply broad-spectrum SPF 30+ daily, even on cloudy days.
- Discontinue self-tanning products at least 2 weeks prior.
- Avoid retinoids, acids, and exfoliants for 5–7 days.
- Arrive with clean skin. No lotions, deodorants, or makeup.

02



HAIR PREPARATION

- Shave the treatment area 12–24 hours before your appointment.
- Do NOT wax, pluck, or thread for 4–6 weeks prior.
- Trim long hair if necessary to prevent excess heat absorption.

03



MEDICAL CONSIDERATIONS

- Disclose all medications, especially antibiotics, Accutane, or photosensitizing drugs.
- Reschedule if taking photosensitizing medications.
- Avoid blood thinners (aspirin, ibuprofen) 24 hours prior if medically appropriate.

04



LIFESTYLE GUIDELINES

- Stay well hydrated in the days leading up to treatment.
- Avoid saunas, steam rooms, and intense workouts on treatment day.
- Notify your provider of illness, skin irritation, or flare-ups.
- Complete all required paperwork and consent forms in advance.

05



PATCH TESTING

- Recommended for new clients or those with sensitive skin types.
- Conducted 24–72 hours prior to full treatment.



POST-TREATMENT AFTERCARE

Protect your skin. Maximize your results.

01

IMMEDIATE POST-TREATMENT CARE FIRST 24–48 HOURS (CRITICAL PHASE)



PROTECT YOUR SKIN

Avoid direct sun exposure and tanning beds. Apply broad-spectrum SPF 30+ every 2–3 hours.



AVOID HEAT

Refrain from hot showers, baths, saunas, steam rooms, and intense physical activity.



HANDS OFF

Do not scratch, rub, or pick at the treated area. Allow irritation to subside naturally.



SKIP IRRITANTS

Avoid harsh skincare, exfoliants, or chemical peels for at least 5–7 days.

02



SKINCARE IN THE FIRST WEEK

- Moisturize daily with a gentle, fragrance-free product.
- Continue strict daily SPF protection.
- Begin light exfoliation after 3–5 days to assist in natural shedding (mild scrub or enzyme cleanser).

03



HAIR MANAGEMENT BETWEEN SESSIONS

- Do not wax, pluck, or thread. Shaving only.
- Treated hairs will shed naturally within 7–14 days.
- Do not pull out shedding hairs.

04



WARNING SIGNS – CONTACT YOUR PROVIDER

- Persistent redness or swelling lasting more than 72 hours
- Blistering, burns, or severe discomfort
- Signs of infection (pain, warmth, pus, or fever)
- Pigmentation changes in the treated area



Avoid makeup, deodorants, or perfumed products on treated areas for 24 hours.



Refrain from swimming in pools, oceans, or hot tubs for 48 hours post-treatment.



Plan treatments with enough time between sessions for complete skin recovery.



LASER HAIR REMOVAL IS A JOURNEY.

Consistency, proper care, and following these guidelines will ensure the best possible results and healthier skin.