



Laser Hair Removal Before and After Care

Prior to the Laser Hair Removal treatment, please observe the following:

4 Weeks Prior:

- Avoid receiving natural fillers (hyaluronic acid, Juvederm, Restylane, collagen) 4 weeks before treating in the area. Clients receiving synthetic fillers (silicone) cannot be treated in the area.
- Discontinue Accutane (Isotretinoin) 6 months prior to treatment.

3 Weeks Prior:

- Avoid waxing, plucking, tweezing, threading, chemical epilation, micro-needling, etc. due to the disruption of the hair follicle, which is the target for the laser.

2 Weeks Prior

- Avoid tanning beds and sunless tanning products for safety reasons.
- Avoid chemical peels, bleaching, and other laser procedures in the treatment area.

1 Week Prior:

- Avoid prolonged sun exposure, even if wearing sunscreen. UV rays activate melanocytes in the skin, which leads to competing targets for the laser, resulting in a decrease in desired results or hypopigmentation (white spots) which may not resolve for several months.

- Some medications, including many antibiotics, can increase your sensitivity to the heat and light of the laser. Medications that are photosensitive may necessitate rescheduling.
- Alpha and beta hydroxy (AHA/BHA) products, hydroquinone, retinols/retinoids (Retin-A, Tazorac, Differin, etc.), and salicylic acid washes must be discontinued at least 7 days prior to treatment.

1 Day Prior:

- The treatment area must be clean-shaven 12-24 hours prior to treatment.

Day of Treatment:

- Skin must be clean and free of makeup, lotions, oils, deodorant, sunless tanning products, numbing cream, etc. Products on the skin can increase the likelihood of adverse responses to the laser.

After-care instructions for Laser Hair Removal:

- Apply a zinc oxide sunscreen (SPF 30+) and use it daily throughout treatment.
- Avoid tight clothing, boots, heated seats, etc. The body needs time to cool down after treatment to avoid complications.
- Avoid activities that increase body temperature for at least 2 hours after treatment.
- Makeup and deodorant may be reapplied immediately if the skin is not irritated.
- Mild redness and swelling of the hair follicles may occur (histamine response). This is normal and should lessen with time. Avoid picking or scratching the skin. Cool cloths may be applied.
- Avoid sun exposure for 4-6 weeks. Unprotected sun exposure may lead to undesired results, including hyperpigmentation (dark areas).

If you are concerned about any reaction, please call XO Betty and contact your healthcare provider immediately.