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LASER HAIR REMOVAL PRE- PROCEDURE INSTRUCTIONS

- No sun exposure to areas that are being treated 2 weeks prior to treatment.
- Do not come in tanned by natural or artificial exposure. (Sunlight, spray tans or tanning beds)
- You may shave area being treated 3-5 days prior to treatment depending on growth of hair. (Hair should only be stubbles, present at skin surface.)
 - Fast hair growth = 3 days prior
 - Slow hair growth = 5-7 days prior
- DO NOT PLYCK OR WAX before or during treatments!! (You may clip or shave hairs, plucking stimulates new hair growth and coarse hair growth, shaving DOES NOT increase hair growth or make hairs coarse.)
- If treating an area on face, stop use of Retin-A, Renova, or Tazorac 5 days prior to treatment. Avoid using irritating skin products before procedure.

LASER HAIR REMOVAL POST-PROCEDURE INSTRUCTIONS

- Hairs will slowly fall out within 4-8 weeks.
- You may shave or clip hairs, do not wax or pluck hairs.
- No sun exposure to treated area for 2-4 weeks, wear sun screen or sun block daily!
- If treated area is red or irritated, you may apply over the counter hydrocortisone 1% cream twice daily.
- Resume Retin-A, Renova, or Tazorac or any other acidic products 5 days after treatment.