



Recommended Pre & Post Care for Hair Reduction Treatments
For best results please follow these instructions

Before your treatment:

- Hair should be cleanly shaven.
 - Leave a representative sample unshaven for clinician to assess.
- Do not wear makeup on the treated area the day of treatment.
- No sun-tanning or self-tanners 4 weeks prior to treatment.
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician.
- No waxing, tweezing, or depilatories at least 4 weeks prior to treatment.
 - Some body parts may require a longer wait time.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (depilatories, harsh chemicals, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment.
- History of herpes or cold sores may require an anti-viral prescription prior to treatment.
- Stop retinoid products 3-7 days prior to treatment.

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen.
 - Redness and perifollicular edema (looks like a rash/bug bites) are common and resolve with time.
 - Bruising and swelling are less common but may occur and will resolve with time
 - May develop a fine crust/rug-burned appearance. Hair should shed naturally (no picking) and may take up to 2 weeks to fall out.
 - Avoid heat – hot tubs, saunas, exercise, etc. for 1-2 days.
 - Avoid skin irritants (examples below) a few days post-treatment.
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
 - Do not wax or pluck between treatments.
 - Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
 - Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair.
 - Consult with clinic about when to resume skin care regime.
 - Cool compresses/ice may be applied for comfort.
 - Shaving should be avoided until comfortable.
 - Additional instructions: _____
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[The Med Spa]

Contact at Clinic: _____

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