



212.366.4787 | www.beautyfixmedspa.com

LASER HAIR REMOVAL PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

The area to be treated must be clean shaven and should be shaved **24 hours** prior to treatment.

Avoid UV exposure for **7 days** prior to treatment.

Clients who are sunburned or tanned must wait **2 weeks** before being treated to avoid additional skin damage.

Avoid sunless tanning products **7 days** prior to your treatment. It is recommended that you exfoliate the area to remove any residual color.

If applicable, apply numbing cream **30 to 40 minutes prior** to your treatment. All products must be completely removed prior to treatment.

Clients should come to appointments with clean skin in the area to be treated. All clients who are treating any part of their face or neck will be required to cleanse their face before treatment.

Avoid chemical peels and other laser procedures in the area to be treated for **2 weeks** prior to treatment.

Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), hydroquinone, retinoid/retinols, Tazorac, and Differin for **7 days** before treatment.

Clients with any abnormal lesions, moles or spots on the area to be treated must be cleared by a medical practitioner prior to treatment.

Clients must stop waxing, tweezing and chemical epilation **3 weeks** prior to treatment.

If you are prone to cold sores, it is highly recommended to take an antiviral medication (such as Valtrex) prior to your treatment. Clients with active cold sores will not be treated.

Clients who have used Accutane or similar products within the last **6 months** are ineligible to have laser hair removal treatments.



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Clients should not perform any physical activity that increases body temperature or blood pressure within **2 hours** before and after treatment.

If you have Botox® or dermal fillers in the area to be treated, wait **14 days** both before and after injections to receive treatments.

Antibiotics may increase photosensitivity. We recommend that you check with your personal physician prior to receiving laser treatments if you are taking a long-term antibiotic. If you become ill and begin taking an antibiotic, you will need to be off the medication for **7 days** before laser treatment.

Boots may not be worn immediately after leg treatments - bring proper footwear.

WHAT TO EXPECT DURING TREATMENT

Clients with red, gray, or blonde hair in the area to be treated should consult with a BeautyFix Esthetician prior to receiving treatments, as the laser is less effective on these hair colors.

During your treatment you can expect slight discomfort, similar to a rubber-band snap on your skin.

POST-TREATMENT INSTRUCTIONS

You may experience slight redness, bumps, and swelling in the treated area for up to **72 hours**. If these conditions persist, topical creams such as aloe, calamine or hydrocortisone may be applied.

Allow a minimum of **7 to 14 days** post-treatment for hair to fall out or shed from the skin. On average, clients experience up to a 30% reduction after each treatment.

Avoid extended UV exposure for **7 days** post-treatment.

If blisters occur, do not puncture. If skin is broken, apply an antibiotic ointment until healed.

Tylenol is recommended for post-treatment discomfort.



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Apply cool towels, ice packs or aloe vera to alleviate discomfort due to heat.

Avoid using seat warmers immediately after treatment.

Avoid any additional laser treatments or chemical procedures on the treated area for at least **2 weeks** post-treatment or until healing has occurred.

Using a broad-spectrum UVA/UVB SPF 30 or higher is critical when receiving laser treatments and is recommended ongoing for maintenance.

If you experience any side effects, such as hypo- or hyper-pigmentation, prolonged redness or swelling, a histamine reaction, or blistering, call BeautyFix to schedule a follow-up consultation.

Exfoliate treated areas to minimize risk of ingrown hairs.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.