



Laser Hair Removal Pre and Post Treatment Care

Potential Side Effects:

- The best way to minimize the risk of side effects is to avoid UV exposure for 14 days pre and post treatment.
- Avoid sunburns and tans for at least 2 weeks prior to treatment.
- Avoid sunless tanning products for 7 days before treatment.
- Provide your technician with an accurate and up to date medical history in order to receive safe and effective treatments.
- Side effects are uncommon but may include: hyperpigmentation (darkening of the skin), hypopigmentation (lightening of the skin), temporary redness, follicular edema, (little pink/red “puffiness and small bumps like “goosebumps”) swelling, scarring, itchy area where treated, hives, rashes, bruising, and lack of desired results.
- Clients who are pregnant cannot be treated.
- Technicians cannot treat over tattoos.
- If you have epilepsy, aNu is unable to provide treatment.

Pre-Treatment Care:

- The area to be treated must be clean-shaven. Unshaven clients will be rescheduled.
- Avoid UV exposure 14 days prior to your 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.
- Clients should come to appointment with clean shaved skin in the area to be treated.
- Avoid chemical peels and other laser procedures in the area to be treated 2 weeks prior and 2 weeks after your laser treatment.
- Avoid all alpha-hydroxy and beta-hydroxyl products (AHA/BHA), hydroquinone, retinols/retinoid, Tazorac, and Differin 7 days before treatments.
- Clients with any abnormal lesions, moles or spots on 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 if lip/mouth/bikini area being treated. Clients with active cold sores will not be treated.
- Clients who have used Accutane or similar products within the last 12 months, cannot have laser hair removal treatments.



- Clients should not perform any physical activity that increases body temperature or blood pressure within 2 hours before and after treatments.
- Antibiotics may increase photosensitivity. We recommend that you check with your 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.

What to Expect From Your Treatment:

- Clients with red, gray, or blonde hair in the area to be treated should consult with a laser technician prior to receiving treatments, as the laser is not effective on these hair colors.
- During your treatment you can expect slight discomfort, similar to a rubber band snap on your skin.
- 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 can be applied.
- Allow a minimum of 7-14 days post treatment for hair to “fall out” or shed from skin.
- If blisters occur, do not puncture; if skin is broken, apply an Antibiotic ointment until healed.
- Tylenol is recommended post treatment for discomfort.
- You may also apply cool towels, ice, or aloe vera to alleviate the 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 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 please call the office for instructions on treatment.
- To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.
- Exfoliate treated areas to minimize risk of ingrown hairs.