



## LASER HAIR REDUCTION PRE-TREATMENT INFORMATION/INSTRUCTIONS

### Pre-Treatment Precautions

- ❑ It is important that the area being treated **not be exposed to the sun**. A broad-spectrum (UVA/UVB) sunscreen of 30 SPF or higher should be applied whenever area to be treated is exposed to the sun. This practice should continue between treatments and following your last treatment for at least 6 weeks. Hyper-pigmentation, or hypo-pigmentation can result if treated area is exposed to the sun without sunscreen.
- ❑ **DO NOT** use **Retin-A or Renova** one week prior to laser treatment.
- ❑ **DO NOT** take Accutane for six months prior to laser treatment.
- ❑ **DO NOT** pluck, tweeze, thread, wax or use depilatory agents for three weeks prior to treatment.
- ❑ The area **should be** shaved 24-48 hours prior to treatment. Stubble is needed to visualize area. If the area being treated has a heavy hair growth, you should shave just prior to coming for treatment.
- ❑ **DO NOT** wear **make-up, deodorant, perfumes or powder** on the areas to be treated.
- ❑ Plan to avoid tight elastic at the leg opening, following bikini treatments, for 3-5 days.
- ❑ If you have a history of oral herpes (**fever blisters**) and are having your mouth area treated, you will need to have your physician prescribe suppressive therapy and take as directed.
- ❑ **We will not perform your laser treatment if you have a suntan, sunburn, or have used self-tanning cream because of the likelihood of hyper-pigmentation or hypo-pigmentation.**

**Remember** *To achieve the desired results; the specified number of treatments must be adhered to. Skipping treatments, even when it appears you have achieved the results, will result in a less than adequate outcome.*

**To reduce your risk of complications, it is important to follow these post treatment instructions. If you have any questions or concerns, please contact our office at 250-492-4015 or visit our website at [www.drjosegoncalves.com](http://www.drjosegoncalves.com)**