

Laser Hair Removal Pre and Post Care

- No exercise or sweating until perifollicular erythema (red bumps) resolves, especially on chest and back. This may take up to 48 hrs
- Avoid sun exposure, self-tanner, tanning lotions, tanning beds, or tanning spray to treated areas for at least 10 days before AND after treatment. Skin must be at its natural color
- Please shave 24-48 hours prior to your appointment. No waxing or tweezing for 6 weeks prior to treatment. Shaving is acceptable in between sessions
- Apply 1% hydrocortisone to treated area if redness or itchiness occurs. Itchiness is a common side effect and can last up to 1 week
- No RetinA, vitamin A or Glycolic for 1 week after treatment. If you are on any antibiotics, let your provider know before the appointment. No Accutane in the last 6 months
- Hair may take up to 2 weeks to fall out
- No Jacuzzi, sauna or steam baths until skin is back to normal
- Slight redness is normal and disappears within 2-3 hours. Mild redness with swelling may persist for 2-3 days after treatment
- If underarms have been treated, no deodorant to area until redness subsides

If there is any concern, PLEASE call/text Kearny Mesa 619 692 9300 or Solana Beach 858 755 4366 AND email us photos to patients@beautyandbodylounge.com so we can further assess the situation.