

Laser Hair Removal Pre & Post Care

Pre-Treatment Care

To ensure safe and effective treatment:

- Avoid sun exposure, tanning beds, and self-tanners for 2–4 weeks prior
 - Skin must not be recently tanned or sunburned
- Shave the treatment area 24 hours prior to your appointment
 - Do not wax, tweeze, or use depilatory creams for at least 4 weeks prior
 - The hair follicle must be intact for the laser to be effective
- Arrive with clean, product-free skin
 - No lotions, oils, deodorant, or makeup on the treatment area
- Discontinue use of:
 - Retinoids
 - AHAs/BHAs
 - Exfoliating productsfor 3–5 days prior
- Notify your provider if you:
 - Are taking antibiotics or photosensitizing medications
 - Have an active rash, open wounds, or skin irritation
 - Have any recent changes in medical history
- Treatment is not performed if you are pregnant or breastfeeding
- Avoid intense workouts, saunas, or heat exposure the day of treatment

Post-Treatment Care

What to Expect

- Mild redness and follicular swelling (“goosebump” appearance)
 - Typically resolves within a few hours
- Skin may feel slightly warm or sensitive, similar to a mild sunburn

Shedding Phase (Important)

- Treated hairs will begin to shed over the next 1–2 weeks
- This may look like continued hair growth, but it is part of the process

| Do not pick, scrub, or force shedding

Skincare & Comfort

- Apply cool compresses or aloe vera as needed
- Keep skin clean and hydrated
- Wear loose-fitting clothing if body areas are treated

Activity & Heat Restrictions

Avoid for 24–48 hours:

- Exercise or heavy sweating
- Hot showers directly on treated areas
- Saunas, steam rooms, and hot tubs

Sun Protection (CRITICAL)

- Avoid sun exposure for at least 2 weeks post-treatment
- Apply SPF 30+ daily and reapply every 2 hours
- Sun exposure can increase risk of hyperpigmentation

What to Avoid

- No waxing, tweezing, or depilatory creams between treatments
 - Shaving only is recommended
- Avoid:
 - Retinoids, AHAs/BHAs, and exfoliating products for 3–5 days
- Avoid irritating the treated area

Makeup

- Makeup may be worn if the skin is not irritated
- Avoid application if redness or sensitivity persists

Treatment Plan

- Treatments are typically performed every 4–6 weeks, depending on the area
- Multiple sessions are required to target hair during its active growth cycle

When to Contact RN Esthetics

Please notify us if you experience:

- Blistering, crusting, or skin irritation beyond expected healing
- Persistent redness or swelling

- Signs of infection
- Any unusual or concerning reaction