



## Laser Hair Removal: Pre and Post Treatment Instructions

### Pre Treatment

- Do NOT wax, pluck, tweeze the area being treated for at least 4 weeks prior to your procedure.
- We DO ask that you shave the area prior to the treatment. This will make your treatment more comfortable so that we can target the hair at the follicle level.
- Do NOT have any sun exposure / sunburn / tanning (including spray tan) prior to your treatment.
- We are unable to treat you if you are pregnant or breastfeeding.

### Post Treatment

- Avoid extended UV exposure for 1-2 weeks pre and post-treatment. Avoid any airbrush/self tanner 2 weeks prior to receiving laser hair removal.
- Must avoid plucking, waxing, bleaching, threading, Nair, and any depilatories on treated areas 2-4 weeks prior to treatments. Shave only before each treatment.
- A topical soothing solution such as Aloe Vera gel, rose water, hydrating moisturizers, cool towels, or ice packs may be applied to alleviate discomfort due to heat.
- Avoid strenuous exercise/ swimming/hot tubs/bubble baths/saunas/hot showers/steam for 24 hours. Any extreme heat, sweating may sting or irritate the hair follicles.
- Using a broad spectrum UVA/UVB SPF 30-50 is critical when receiving laser treatments and is recommended ongoing for maintenance.
- Recent antibiotic use can also cause photosensitivity. Must be off Accutane (isotretinoin) 6 months prior.
- If blisters occur, do not puncture. If skin is broken or burnt apply an antibiotic ointment continuously until healed. Apply hydrocortisone cream if a histamine reaction occurs (follicular edema) and avoid tight clothing. If you experience any side effects, such as hypo- or hyper-pigmentation, prolonged redness, swelling, or blistering, call or come in for instructions on treatment.
- To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.

If you have any questions or experience any side effects, please contact our office immediately.  
Text us at 202.333.4445 and email us at [info@helaspa.com](mailto:info@helaspa.com).