

# LASER DO'S & DON'TS

DO NOT WAX, TWEEZE OR SUGAR THE AREA TO BE TREATED. THIS INCLUDES CREAM DEPILATORIES (NAIR). LASER HAIR REMOVAL NEEDS THE HAIR BULB INTACT TO WORK SUCCESSFULLY. IF UNWANTED HAIR IS PULLED OUT BEFORE THE APPOINTMENT, THE LASER ENERGY CANNOT DESTROY THE FOLLICLE.

DO SHAVE IN BETWEEN APPOINTMENTS. SHAVE 1 DAY BEFORE YOUR APPOINTMENT TO AVOID IRRITATION.

DO NOT TAN OR USE SELF TANNER BEFORE AND AFTER YOUR APPOINTMENTS. THIS ADDS MORE PIGMENT TO YOUR SKIN THAT TAKES WEEKS TO REMOVE BEFORE YOUR NEXT APPOINTMENT. THE EXTRA PIGMENT WILL MAKE YOU BURN WHEN YOU USE LASER OR LEAVE PERMANENT SCARRING.

DO TELL YOUR TECHNICIAN IF YOU WILL BE TANNING OR GOING ON VACATION.

DO NOT USE ACTIVE INGREDIENTS ON THE AREA BEING TREATED. (2 WEEKS BEFORE) THIS INCLUDES RETINOL, VIT C, GLYCOLIC ACID, SALICYLIC ACID, AHA'S AND BHA'S, ECT. IF YOU ARE UNSURE PLEASE CONTACT THE OWNER TO BE SURE WHAT YOUR USING IS SAFE PRIOR AND AFTER YOUR LASER TREATMENT.

DO INFORM YOUR TECHNICIAN OF ANY CREAMS/CLEANERS/TREATMENTS YOU USE ON OR AROUND THE TREATED AREA.

DO NOT TAKE ANY OF THE MEDICATIONS THAT ARE PHOTSENSITIVE 5 DAYS BEFORE YOUR APPOINTMENT. IF YOU ARE UNSURE PLEASE SEE "PHOTO SENSITIVE MEDICATIONS" PDF OR GOOGLE YOUR MEDICATION AND IF IT IS PHOTSENSITIVE. IF IT IS PLEASE TELL THE TECHNICIAN AND FOLLOW UP WITH YOUR DOCTOR IF IT IS OKAY TO USE DURING LASER. IF YOU CONTACT YOUR DOCTOR YOU MUST BRING A DOCTORS NOTE TO YOUR APPOINTMENT PROVING YOU CAN DO LASER.

DO TELL THE TECHNICIAN IF YOU HAVE ANY SKIN/HAIR CONDITIONS PRIOR TO YOUR APPOINTMENT.

DO TELL THE TECHNICIAN PRIOR TO YOUR APPOINTMENT IF YOU GET COLD SORES.

**All the information provided to the technician is confidential!**

**This is a safe space meant to help improve and make your life easier – following these directions makes the technicians life easier too.**

**If you are ever unsure about anything please do not hesitate to contact the technician**