

# LASER HAIR REMOVAL

## *Pretreatment Care*

### #1: Avoid sun exposure

No direct sun, sunbeds, or fake tan for at least 2 weeks before treatment. Skin must be at its natural tone.

### #2: Shave the treatment area

Shave the area 24 hours before your appointment so the laser can target the hair follicle effectively.

Do not wax, pluck, or use hair removal creams for 4 weeks before treatment.

### #3: Clean skin only

Arrive with no lotions, deodorant, perfume, makeup, or oils on the area being treated.

### #4: Avoid exfoliation

Do not exfoliate, use acids (AHA/BHA), or retinol products for 3–5 days before treatment.

### #5: Skip other treatments

Avoid chemical peels, Botox, filler, microneedling, or active facials on the same area for at least 2 weeks before.

### #6: Medications

Inform your therapist of any antibiotics, retinoids, or photosensitising medications you're using — they may make your skin more sensitive to the laser.

### #7: No heat treatments

Avoid hot baths, saunas, or steam rooms 24 hours before your session.

### #8: Patch test

Ensure you've had a patch test at least 48 hours prior to your first session.

### #9: Clothing

Wear loose, comfortable clothing to your appointment to avoid friction or irritation post-treatment.