

Laser hair removal instructions to the patient.

Before treatment:

Avoid sun exposure, tanning bed, sunless tanning lotions and tanning creams before, during, and after the course of their laser treatment.

The best is to avoid sun exposure for at least **four weeks before treatment, during treatment and at least one week after treatment**. A broad-spectrum sunscreen (UVA/UVB and SPF 30 or greater), should be applied to the treatment area(s) if sun exposure is possible.

For **1064-nm wavelength**, you should avoid sun exposure before treatment for **1-2 days, during treatment, and one week after treatment**.

Shave the treatment areas within 24 hours before treatment. This is to remove the overlying hair from the treatment site.

For a patients with hyperpigmentation we can be prescribe a preparation containing topical bleaching cream 2-4 weeks prior to treatment.

Remove all make-up, creams and lotions prior to treatment.