

**SPA THERAPEUTICS**  
**#14 3295 Dunmore Road**  
**Medicine Hat, AB T1B 3R2**  
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**Recommended Pre & Post Care for Laser Hair Removal Treatments**

For best results please follow these instructions

Before your treatment:

- Hair should be cleanly shaven 1-2 day's pre- treatment.
- Do not wear makeup on the treated area the day of treatment
- No sun-tanning or self-tanners 2 weeks prior to treatment
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk of bruising or photosensitivity. Consult with your physician before starting laser treatments.
- No waxing, depilatory creams or tweezing at least 4 weeks prior to treatment.
  - Some body parts may require a longer wait time.
- Avoid treatments that may irritate the skin 1-2 weeks prior to treatment (chemical peels, harsh exfoliants, vitamin A, glycolic/salicylic acids)
- Notify clinic with any changes to your health history or medications since your last appointment.
- History of Herpes or cold sores may require an anti-viral prescription prior to treatment.

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen SPF 30 or greater
- Redness and perifollicular edema (looks like a rash/bug bites) are common and resolve with time.
- Bruising and swelling are less common but may occur and will resolve with time.
- Hair may take up to 2 weeks to fall out.
- Avoid heat- hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
  - Products containing retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Do not wax, tweeze or use depilatory creams between treatments
- Notify clinic of any concerns (blistering, excessive redness/swelling etc.)
- Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair.
- Consult with clinic about when to resume skin care regime.

Medical Precautions:

- Pregnancy
- Cancer
- Anti coagulants
- Keloid scar history
- Diabetes
- Herpes (Untreated and active)
- Accutane treatment in the last 6 months
- Retinol (Vitamin A) topical cream in the past 2-4 weeks
- Vitiligo (hypo pigmentation)