

## PRE-TREATMENT – Laser Hair Removal

### Pre Treatment Precautions:

It is important that the area being treated not be exposed to the sun. A high quality zinc oxide sunscreen, as recommended in your consultation, should always be worn whenever area to be treated is exposed to the sun. Hyperpigmentation can result if treated area is exposed to the sun without sunscreen.

- **DO NOT** use Retin-A or Renova one week prior to laser treatment.
- **DO NOT** take Accutane for six months prior to laser treatment.
- **DO NOT** pluck, tweeze, thread, wax or use depilatory agents for three weeks prior to treatment.
- The area should be shaved 24-48 hours prior to treatment. Stubble is needed to visualize area. If the area being treated has a heavy hair growth, you should shave just prior to coming for treatment.
- **DO NOT** wear make-up, deodorant, lotions, perfumes or powder on the areas to be treated.
- Plan to avoid tight elastic at the leg opening, following bikini treatments, for 3-5 days.
- If you have a history of oral herpes (fever blisters) and are having your mouth area treated, you will need to have your physician prescribe suppressive therapy and take as directed.
- We **WILL NOT** perform your laser treatment if you have a suntan, sunburn, or have used self-tanning cream because of increased risks with your treatment and the likelihood of hyper-pigmentation.

Remember, to achieve the desired results, the specified number of treatments must be adhered to. Skipping treatments, even when it appears you have achieved the results, will result in a less than an adequate outcome.

To reduce your risk of complications, it is important to follow these post treatment instructions. If you have any questions or concerns, please call Clinique Dallas.