



LASER HAIR REMOVAL

PRE AND POST CARE

PRE-TREATMENT CARE

- Avoid sun exposure. Stay out of the sun or use a broad-spectrum sunblock for six weeks prior to your laser hair removal treatment.
- Don't use any self-tanning methods. If you've used a sunless tanning product to darken your skin, or if you have a tan or darker skin, it will affect your treatment negatively.
- Stop all hair removal methods that can disturb the follicle for about a month before your procedure. These include waxing, tweezing, and electrolysis.
- Thoroughly shave the areas where you want your hair removed the day before or morning of your treatment. Trimming and shaving is necessary right before your treatment session, in order to avoid damaging your skin surface with burnt hair. The shaft and follicle remain beneath the skin, allowing the laser to reach them without harming your skin.
- Wear loose-fitting clothing the day of your treatment session. Even though the treatment is gentle, your skin may be sensitive and anything binding or tight can create abrasions.
- Thoroughly clean the skin right before your appointment. Do not use creams, lotions, perfumes, or cosmetics on the areas you want treated. If you're having laser hair removal on your underarms, do not wear deodorant to your treatment session.

POST-TREATMENT CARE

- You may notice redness and slight swelling in treated areas for a few hours after. This will subside
- Avoid exposure to sun. Wear sunscreen 50 SPF in treated areas and re-apply every 2 hours

If you have any questions before or after your appointment, you can email us at info@lakeshoreskinandbody.com or call/text us at 906-273-0512. Thank you for choosing Lakeshore Skin + Body!