



Laser Hair Removal Pre-Treatment Instructions

Pre-treatment instructions for laser hair removal:

1. Please discontinue tweezing, waxing, depilatories, and bleaching at least 2 weeks before your first laser treatment. You may trim or shave instead.
2. Shave the area that is to be treated with the laser one day before your laser appointment.
3. Avoid tanning and direct, excessive sun exposure 1 week before your laser treatment
4. Avoid tanning beds 1 week before you laser treatment
5. Avoid self-tanner lotions and spray on tans 2 weeks before your laser treatment
6. Do not wear lotions, moisturizers on the area to be treated on the day of your appointment