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## Laser Hair Reduction

### Laser Hair Reduction – Pre and Post Care Instructions

BEFORE your laser treatment:

- Use Sunscreen daily, sunburned skin cannot be treated.
- **AVOID** any irritants to your face, such as any products containing Hydroquinone, bleaching creams, Retin-A, Retinol, Benzoyl Peroxide, Proactive, Glycolic/Salicylic Acids (Chemical Peels) or Astringents **for at least two weeks.**
- **DO NOT** use self-tanning agents **for at least two weeks** before any treatment. If you have used these products, thoroughly cleanse the area with abrasive/exfoliating scrub to remove all product **one week prior** to any treatment.
- **DO NOT** pluck or wax for **at least 1 month** prior to your first treatment and continuing through the course of your treatments. Plucking/waxing removes the target hair.
- **DO NOT** bleach or use “Nair” type products for 2 weeks prior to treatment because this can irritate the skin.
- **DO NOT** wear any makeup, perfume or lotions in the treatment area, prior to your treatment.
- Before each treatment, inform us if you are taking any new antibiotics or other medications. These may make your skin photosensitive and therefore we may not be able to treat you for one to two weeks after completion of the antibiotic.
- You must **shave** areas that are to be treated 1 to 2 days before treatment.

AFTER your laser treatment:

- If skin irritation occurs, **avoid** hot water and anything irritating to the skin.
- **DO NOT** exercise, receive any body treatments, take hot showers, use saunas or hot tubs for twenty four hours or until the skin is back to normal.
- If treating the face or neck areas, **continue using sunscreen, with Zinc, daily** for the entire treatment period (3 to 6 treatments).
- **Avoid** any irritants to your face, such as any products containing Retin-A, Retinol, Benzoyl Peroxide, Glycolic/Salicylic Acids or Astringents for at least 2 days.
- **DO NOT** wear tight, constricting clothing in the treated area for two days, as irritation can occur and skin cannot cool properly.

Please see our website:

**[www.markmichaelmd.com](http://www.markmichaelmd.com)**