



Laser Hair Removal Pre + Post Treatment Instructions

PRE-PROCEDURE INSTRUCTIONS

To ensure the safest and most effective treatment, please follow these recommendations prior to your appointment:

AVOID FOR 2 WEEKS BEFORE TREATMENT

- Waxing, tweezing, threading, sugaring, or electrolysis in the treatment area
- Excessive sun exposure and tanning beds
- Self-tanning products

SHAVING

- Shave the treatment area 24 hours prior to your appointment.
- Do not wax, tweeze, or remove the hair follicle prior to treatment.
- Hair must be present beneath the skin for the laser to effectively target the follicle.

ADDITIONAL RECOMMENDATIONS

- Arrive with clean skin free of lotions, oils, deodorants, perfumes, and makeup in the treatment area.
- Notify your provider of any new medications, especially antibiotics or medications that may increase photosensitivity.
- Inform your provider if you are pregnant, breastfeeding, or have recently undergone other skin treatments.

POST-PROCEDURE INSTRUCTIONS

IMMEDIATE AFTERCARE

- Mild redness, warmth, and swelling around the hair follicles are normal and typically resolve within several hours to a few days.
- The treated area may feel similar to a mild sunburn.

FOR THE FIRST 24-48 HOURS

- Avoid strenuous exercise and excessive sweating.
- Avoid saunas, steam rooms, hot tubs, and prolonged heat exposure.
- Avoid harsh skincare products, exfoliants, and active ingredients in the treated area.
- Wear loose-fitting clothing if the treated area is prone to friction.

SUN PROTECTION

- Avoid direct sun exposure whenever possible.
- Apply SPF 30 or higher daily to exposed treatment areas.
- Avoid tanning beds and self-tanning products between treatments.

WHAT TO EXPECT

- Treated hairs may appear to continue growing for 1-3 weeks before shedding.
- Do not tweeze or wax between treatments.
- Shaving is permitted as needed.
- Multiple treatments are required because hair grows in cycles.

FOLLOW-UP & RESULTS

- Most patients require a series of 6-8 treatments for optimal results.
- Maintenance treatments may be recommended depending on the treatment area and individual hair growth patterns.
- Consistent treatment scheduling produces the best long-term outcome.

Please contact D'Vine Medical Spa if you experience blistering, excessive swelling, signs of infection, or have any concerns following treatment.

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