

PRIOR to Laser Hair Removal Treatment

- Shave the area 24 hours prior to treatment. Not doing so may result in additional charges
- Do not wax, tweeze, bleach or use depilatory creams. This will impact the results obtained, and can increase the risk of unwanted side effects from treatment
- If your last method of hair removal was with Laser/IPL, you must wait at least 3 weeks prior to your first laser treatment
- Do not use melanin injections or have a spray tan 14 days prior to your treatment
- Discontinue use of products containing Vitamin A for a minimum of 24 hours prior to treatment, in the treatment area
- Discontinue use of topical prescription Vitamin A 14 days prior to treatment, in the treatment area
- Avoid sun exposure two weeks prior to treatment
- Let your therapist know of any changes in your medical history, medications and/ or supplements

POST Laser Hair Removal Treatment

- Use Post Laser Gel until all irritation has subsided
- Skin may be pink/feel warm for up to 24 hours after treatment
- In the first 48 hours post treatment you may notice swelling around the hair follicles and feel an itchy sensation, this is a normal response - you may take an antihistamine if required
- No exercise or sweating 24 hours post treatment, no sun-exposure or fake tan in the areas for minimum 2 weeks, no swimming, spa or sauna for 48 hours post treatment to avoid bacterial infections
- Avoid sun exposure for 2 weeks post treatment, it is vital you wear a broad-spectrum sunscreen daily
- Hair will start to grow back after 2 weeks, some of this hair may fall out. Do not pick/ tweeze them out. Exfoliation is recommended after 5 days to avoid ingrown hairs
- Do not use any active or fragranced cosmetic products such as Retinol, Glycolic Acid, Salicylic Acid for 3 days post treatment
- **DO NOT** Wax, Tweeze or use Depilatory creams between treatments
- Stick to time frame given for your next treatment. Irregular intervals can affect your results

If you have any questions, or experience any other side effects from the treatment not listed on this page, please contact us on
0800 004 525 | Email: info@lovelybyskin.co.nz | www.lovelybyskin.co.nz