Laser Hair Removal *Pre-Care*

Getting ready for smooth results

The laser targets the hair root, so how you remove hair between sessions matters.

Your *countdown*

When	What to do
4 weeks before	No waxing, plucking, threading, sugaring or electrolysis. Shaving is fine.
2 to 4 weeks before	Avoid sun, tanning beds and self-tanner on the area. Use broad-spectrum SPF 30 or higher.
2 to 3 days before	Pause retinol, tretinoin and acids on the area.
24 hours before	Shave the area closely.

On the *day*

- **Arrive with clean skin.** No lotion, deodorant, makeup or self-tanner on the area.
- Upper lip or chin and you get cold sores? Tell us before your visit.

Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You take medication that makes you sensitive to light
- You are tanned or sunburned

Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.