

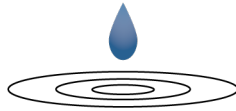
Avatar Aesthetics  
laser center

## Laser Hair Removal Insrtuctions

Please be aware that laser hair removal will not work on grey or white hair as it is a pigment seeking laser and grey and white hair no longer contain pigment.

### On the Day of Your Appointment

- Shave the area to be treated as close as possible. If the hair in the treatment area is very sparse, shave the area at the time of your treatment. This allows to better definition of the treatment area. And bring your razor with you! (In case you miss a spot- it happens a lot)
- Gently wash the area to be treated and don't apply creams, lotions or other products to the area except a topical anesthetic (optional).
- If you have elected to use a topical anesthetic, do so only after reviewing all cautions associated with its use. Apply and use as directed prior to arrival.
- Dress so that you may modestly expose the treatment area.
- If you choose to, you may take over the counter anti-inflammatory medication such as ibuprofen shortly prior to the treatment.
- **Please arrive 10 minutes early for you first appointment and 5 minutes early for subsequent appointments. This will allow time to for necessary paper work and keep you on schedule.**

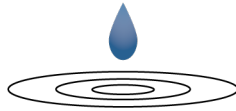


Avatar Aesthetics  
laser center

## Laser Hair Removal Insrtuctions

### Pre-Treatment Instructions

- Do not use any medications that cause photo-sensitivity for at least 6 weeks prior to laser treatments. If you are taking a prescription medication that causes photosensitivity, please contact your prescribing physician to discuss your options.
- Avoid sun tanning or sunless tanning products for as long as possible before laser treatments (4-6 weeks is recommended).
- Avoid depilatory (hair removal) creams, plucking, waxing, or electrolysis for at least 6 weeks before laser treatments.
- Do not use Accutane (or products containing isotretinoin) for at least 6 months prior to laser treatments.
- Do not use Retin-A (or products containing tretinoin) for at least 2 weeks prior to laser treatments.
- Do not use Glycolic Acid or Chemical Peels for at least 4 weeks prior to laser treatments, and during the entire length of your treatments.
- The treatment area must be free of any open sores, lesions, or skin infections.



Avatar Aesthetics  
laser center

## Laser Hair Removal Instructions

### Post-Treatment Instructions

- You may have a mild sunburn sensation following treatment that is usually gone within a few hours. Skin redness, mild bruising and/or slight edema (swelling) are normal and may last a few days. You may take over-the-counter anti-inflammatory medication (such as ibuprofen) as desired. Avoid sun exposure. If sun exposure is unavoidable, you should use sunblock (SPF 30 or greater) for 4-6 weeks following your treatment. We recommend SPF 45.
- Keep the treated area clean and dry for the next several days, gently washing twice daily. The pores will be open and you should not apply heavy creams or lotions as these may clog the pores and cause complications. You can use Aloe.
- And over-the-counter healing ointment may also be used if blisters develop. Ice packs or cool compresses are especially useful for the first few days. Avoid heat and do not use warm compresses. The treatment area may be left open and uncovered; no bandage or special dressing is needed. Loose and comfortable clothing is recommended.
- Do NOT scrub or exfoliate the treatment area for 7 days. Do not use chemicals or medications (other than those referred to in these instructions) on the treated area for one week.