



LASER HAIR REMOVAL PRE-TREATMENT INSTRUCTIONS

- Please arrive 10 minutes prior to your scheduled appointment.
- Shave all areas to be treated on the day of treatment. If you have difficulty shaving, you can schedule an appointment to be shaved. For women – facial hair may be clipped with a small scissors if you're uncomfortable with shaving.
- Please do not wax, pluck, or bleach the hair for one month prior to treatment. The hair follicle needs to be present for effective treatment.
- Numbing cream should be applied 30 minutes prior to treatment. Apply a thin layer of cream to area, but do not rub in completely, then cover with plastic wrap.
- No sun exposure or use of tanning products for 4-6 weeks before and during the full course of therapy. Sun protection with sunscreen (at least SPF 30), protective clothing and sunglasses are essential prior to, in-between, and following your series of treatment. If you are currently tan, you will need to postpone your first treatment.
- Avoid Aspirin, Advil, or Motrin or any other aspirin containing products for at least one week prior to procedure. This will help minimize possible bruising.
- Discontinue use of Retin A and Hydroquinone (if treating face), Tetracycline, or Minocin three days prior to all treatments.
- No new medications should be taken for at least two weeks prior to treatment. Please notify Aspect Beauty if you must take a new medication prior to treatment.
- If you have a history of cold sores (herpes) and are receiving treatment around the mouth, we recommend that you take Valtrex during your therapy. Please notify Aspect Beauty if you need a prescription for this condition. If you have a current prescription, Valtrex 500mg should be taken by mouth twice daily on the day before, the day of, and the day after treatment.

If you have any questions or concerns, please contact Aspect Beauty at 818-728-0546.

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