



REGENERATION, P.C.

Recommended Pre & Post Care for Laser Hair Removal For Best Results Please follow these instructions

Before your Treatment:

- Hair should be cleanly shaven.
 - Leave a representative sample unshaven for clinician to assess
- Do not wear makeup to the treated area the day of treatment.
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Including spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications and supplements may increase the risk of bruising. Consult with your physician.
- No waxing, plucking, or tweezing at least 4 weeks prior to treatment (depilatories, harsh chemicals, etc.)
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

After your Treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further damage
- Redness and perifollicular edema (looks like rash/bug bites) are common and resolve with time
- Bruising and swelling are less common but may occur and will resolve with time
- Hair may take up to 2 weeks to fall out
- Avoid heat-hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair
- Do not wax or pluck between treatments
- Notify clinic of any concerns (blistering, excessive redness, swelling, etc.)
- Consult with clinic about when to resume skin care regime

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