

**Laser Hair Removal  
PRE-TREATMENT INSTRUCTIONS**

1. Do not wax, tweeze, or use hair removal creams at any time during treatment.
2. We may recommend a compounded anesthetic numbing cream. Pregnant and nursing mothers cannot use numbing cream. Inform us of any pre-existing heart conditions.
3. It is important to stay out of the sun for a minimum of 4 weeks prior to treatment or longer if you retain a tan. This includes tanning beds and self-tanning creams. We cannot treat anyone with a sunburn or suntan.
4. Please shave the area to be treated within 24 hours before your treatment. We can do a little touch up but shaving large areas is best done in the comfort of your home.
5. It is best not to wear make up on an area to be treated; but we can always remove it before your laser session. ALL skin products MUST be removed thoroughly prior to laser treatment.
6. If the area we are treating requires disrobing, you will be given a gown. In general, most clients can keep some or all their clothes on during the procedure.
7. Please be on time for your appointment. We make every effort to ensure our clients do not have to wait. We reserve the right to re-schedule your appointment if you are late or have not complied with the pre-treatment instructions.
8. We recommend that you not use Retin-A/retinols one week prior to treatment if the Retin-A/retinol product causes skin irritation or inflammation in the area. You may resume Retin-A/retinols after your laser treatment unless your skin is irritated from the laser. In that case we recommend waiting until your skin returns to normal following laser treatment.
9. We love your pets and children but due to the nature of your treatment we are not able to accommodate them in our office. Please make appropriate arrangements.

**LASER HAIR REMOVAL POST TREATMENT INSTRUCTIONS**

1. Immediately after the treatments, there should be redness and bumps at the treatment area, which may last up to 2 hours or longer. It is normal for the treated area to feel like a sunburn for a few hours. You should use a cold compress or apply Aloe Vera gel as needed.
2. Makeup may be used after the treatment. It is recommended to use new makeup or makeup sponges to reduce the possibility of infection. Toners, exfoliants and harsh products such as RetinA glycolic acids, alpha hydroxy products should be avoided for 2-3 days before and after each laser treatment.
3. Use sunscreen SPF 30+ immediately after your treatment and at all times throughout your treatment sessions. If you are planning a sunning holiday, you must wait 4-6 weeks after your return (or until your suntan has completely faded) before you can return to Urban Allure for your next treatment.
4. Avoid picking or scratching the treated skin. **DO NOT USE** any other hair removal methods or products on the treated area during the course of your laser treatments, as it will prevent you from achieving your best results.
5. You may shower after the laser treatments and use soap, lotion, etc. Avoid very HOT water to the treatment area to minimize irritation. The treated area may be washed gently with a mild soap. Skin should be patted dry and **NOT** rubbed.
6. Anywhere from 5-30 days after the treatment, shedding of the hair may occur and this may appear as new hair growth. **This is not new hair growth.** It is dead hair pushing its way out of the follicle. You can help the hair exfoliate itself by washing or wiping with a washcloth or loofa.
7. You may observe “black dots” or “stubble” on the skin after the treatment. **THIS IS NOT NEW GROWTH.** These are residual hairs that should be shed by the hair follicle over the next 7-21 days. You can exfoliate daily to speed up this process.

**\*\*Please do not hesitate to call Urban Allure at 415.399.1300 or email [info@urbanalluresf.com](mailto:info@urbanalluresf.com), with any questions or concerns you may have after your treatment.**