



# TIMELESS

## SKIN SOLUTIONS

### laser hair removal (1064 & 770) before & after treatment instructions

#### Before treatment:

1. Use sunscreen daily; sunburned skin cannot be treated.
2. Avoid any irritants to your face. If the skin is irritated please contact our office at least 24 hours prior to appointment.
3. DO NOT tweeze or wax for at least 1 month prior to treatment as this removes the target hair. DO NOT bleach or use "Nair" type products for 2 weeks prior to treatment as this can irritate the skin.
4. **Please shave within 24 hours of each treatment.**
5. If possible, please do not wear any makeup prior to your facial treatment.
6. Try not to schedule your appointment before or during your cycle. Your skin will be more sensitive during this time.
7. You may take 800mg of over-the-counter ibuprofen to aid in discomfort during the treatment.
8. You may request prescription for topical anesthetic for significant discomfort during the treatment.

#### After treatment:

1. Continue sun precautions and using a sunscreen with at least an SPF of 15.
2. Until initial skin irritation subsides, avoid hot water and avoid any products irritating to the skin. SkinMedica Ceratopic cream and Dermaquest Antioxidant Soothing Serum can be very soothing. Advil or Motrin can be helpful as well.
3. The laser destroys only hair roots that are in the active growth phase. For best results, the procedure must be repeated in 6-8 week intervals. A minimum of 5 treatments are typically needed for effective results.
4. Maintenance treatments may be required every 6-12 months following the initial treatment series in order to prevent activation of dormant hair follicles. The number of treatments needed depends upon the amount and character of the hair.
5. Some hairs are expelled during treatment and others will release from the body within 1-3 weeks.

If you have any questions or concerns, please call our office at (614) 799-5100 or email [contact@timelessskinsolutions.com](mailto:contact@timelessskinsolutions.com). In case of emergency call 911.