

LASER HAIR REMOVAL PRE-CARE POLICIES



Please do not arrive on an empty stomach. Come with a clean face, free of makeup, and hair secured away from your face so your provider can treat you comfortably and precisely.

Special Events

Do not plan any special events for at least one month after your treatment. There may be swelling and bruising for 1-2 weeks following your appointment and it may take up to a month for tissue to ultimately settle.

Aminoglycoside Antibiotics

If you are currently taking aminoglycoside antibiotics and are seeking Neurotoxin (Dysport) injections, please call to reschedule as we will be unable to perform this treatment.

Dental Appointments

If getting lower facial treatments, please ensure that you do not have any dental appointments for 2 weeks before or after treatment.

Healthcare Settings

If you work in a healthcare setting that requires an N-95 or similar, tight-fitting mask, please know that wearing such masks is not recommended for 2 weeks after receiving under-eye, cheek, nose, or jawline filler. If this will not work for you, please consider rescheduling.



Before Appointment

- Hydrate frequently, especially if you are being treated with dermal fillers. Fillers draw water to the surface and dehydration can severely minimize results!



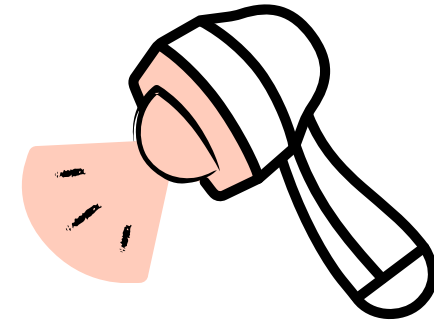
Before Appointment

- Begin avoiding blood-thinning medications, foods, and supplements (unless they are prescribed to treat a health condition) to reduce chances of bruising and swelling.

Blood-thinning items include:

- Advil, Ibuprofen, and Motrin
- Almonds/Almond milk
- Fish oil
- Garlic
- Ginger
- Green Tea
- Salmon
- Sushi
- Workout supplements & other supplements

If you usually use pain relievers, please use Tylenol and have it on hand as it does not thin blood. Of course, please avoid Tylenol if it is contraindicated with any of your medical conditions or medications.



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Continued



Before Appointment

- Do not consume any alcohol.
- Take Arnica (unless you are allergic or it is contraindicated with any medications/medical conditions you have, including high blood pressure). Arnica can be purchased in our office, at Vitamin Shoppe, or on Amazon. Please follow the directions on the label and do not take it if it is contraindicated with any of your medications/medical conditions.



Before Appointment

- Please shave the area 24 hours prior to each session.
- Avoid extended sun exposure, i.e. beach, travel to sunny locations, outdoor sports, and sunbathing.
- Avoid the use of tanning beds, self-tanners, and spray tans.
- For incidental sun exposure, please be sure to use sunscreen daily leading up to your appointment.
- Please let us know if any medical provider has ordered Accutane for you in the past 12 months.
- Please let us know if you have any medical conditions or are taking any medications that might sensitize you to light, affect wound healing, or affect coagulation.
- Only use gentle cleansers and keep your skin moisturized for the two weeks prior to your appointment. Avoid using any skin care products or creams that may make your skin irritated or sensitive at the time of your treatment.
- Let us know if you have a history of cold sores so we can determine if you require prophylactic treatment prior to your appointment.



Day of Appointment

- Do not come on an empty stomach. Please arrive ready for treatment (clean face, no makeup, hair secured away from the face).

- Laser Hair Removal is unable to be performed on tanned skin. If you arrive to your appointment with a tan, we will need to reschedule. Tanned skin is not a contraindication for Moxi, but having sensitive or sunburned skin would still force us to reschedule, so please be sure to avoid direct sunlight prior to your appointment.
- Laser Hair Removal cannot be performed over tattooed areas.
- Do not use any other hair removal methods or products on the treated area during the course of your treatments (tweezing, waxing, and depilatories), as it will prevent you from achieving your best results.
- Sunlight will need to be avoided before and after treatment. Please avoid scheduling a laser appointment around any trips or events where sun cannot be avoided.
- There are many medications that may cause increased sensitivity to sunlight. Since laser treatment involves the use of light frequencies that have a similar effect, these medications may increase your risk of adverse effects in treatment. If you are taking any medications, please consult with the medical provider(s) who prescribed your medication(s) for clearance prior to receiving laser or phototherapy treatments. For a list of some of the more common sun-sensitizing medications, please [click here](#). This list is not intended to be a complete list of all sun-sensitizing medications.
- If you are currently taking antibiotics, please call to reschedule your appointment.
- Most clients require 6+ treatments for desired results. Some clients require several.

	<p>Please read all instructions carefully to ensure nothing is missed. Following pre-care not only reduces the risk of complications and supports faster healing —it also leads to better, longer-lasting results.)</p>
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