

# VANCOUVER ISLAND SKIN & LASER

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Laser Hair Removal  
Pre & Post Care  
250 585 3333  
2900 Norwell Drive, Nanaimo BC

## **Pre Care Instructions**

1. Stay out of direct sun exposure for four weeks prior to your appointment, sun burnt skin cannot be treated.
2. Do not pluck, wax or undergo electrolysis in the areas you wish to have treated for 6 weeks prior to laser hair removal, as this removes the target hair follicle. Shaving is ok.
3. Stop applying any medications or irritating agents to the skin 1-2 days before treatment
4. Avoid using self tanning products for two weeks prior to treatment
5. Allow 1 to 2 day hair growth for appointment.
6. Skin should be clean, with no lotion, makeup, deodorant, perfume, or sunscreen for treatment
7. Wait a minimum of two weeks after a chemical peel or injections in treatment area before hair removal treatment
8. Ladies – If you are treating your bikini area, please wear white underwear

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## Post Care Instructions

1. Some redness and swelling in the area is normal after treatment and may feel similar to having sunburn. This should resolve within several hours to several days after treatment. Applying ice and taking an anti-inflammatory such as Advil can help with the swelling and redness
2. Avoid exercise or strenuous activity that may cause excess sweating for 24 – 48 hours after appointment.
3. Do not use hot tubs, saunas or swimming pools for 48 hours after appointment or until skin has returned to its original color.
4. Do not rub, scratch, or pick the treated area.
5. Do not scrub treated area, pat the area dry with clean cloth.
6. Avoid applying any topical treatments (alpha hydroxy, glycolics, retinoids, etc.) for one week after treatment
7. Apply sunscreen for 6 weeks after on the treated area to avoid any chance of hyper pigmenting
8. Do not use tanning products, tanning beds/booths or any procedure that could darken the treated area.
9. Treated area can be shaved or clipped, but cannot be tweezed, plucked or waxed. No chemical depilatory creams or bleaching agents.

The treated hairs will exfoliate and push out in approximately two weeks.

Please contact the Clinic with any further questions  
250.585.3333