



bliss dermatology
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Laser Hair Removal

Pre and Post Treatment Instructions

Pre-Treatment

- Excess hair may need to be shaved. Men should be cleanly shaved.
- Do not wear make-up on the day of treatment.
- No sun-tanning or self-tanners 4 weeks prior to treatment including: spray tans, tanning lotions, tanning beds and sun exposure.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment such as waxing or depilatories, etc.
- If you get fever blisters or cold sores, please advise the office prior to your appointment. We can prescribe a medication prior to your treatment to prevent an outbreak. We cannot perform the procedure if you have an active outbreak at your scheduled appointment.

Post-Treatment

- Until sensitivity has completely subsided AVOID the following:
 - Use of scented lotions or soaps, exfoliating creams (Retin-A, Glycolic Acid, Alpha Hydroxy Acids), acne creams or gels, loofa sponges and aggressive scrubbing
 - Swimming pools and spas with multiple chemicals/chlorine for 1-2 days
- Bruising, redness and swelling are common and will resolve over time.
- **MULTIPLE TREATMENTS ARE REQUIRED**
- Notify the clinic with any concerns (blistering, excessive redness/swelling, etc.)