

# Pre-Treatment Hair Removal Instructions

## Don't Pluck

Prior to a laser hair removal treatment, patients must abstain from tweezing, waxing, or any other unwanted hair treatment that removes hair from its root. There must be hair in the hair follicle for laser hair removal to work. The laser is attracted to the melanin, or pigment, of the hair. The hair must be in its anagen, or active, growth phase.

## Don't Tan

You should also avoid sun exposure in the 4-6 weeks prior to your laser hair removal treatment. Tanned skin has extra melanin, which attracts laser energy.

## Don't Moisturize

Right before your laser hair removal treatment, avoid applying any lotion, sunscreen, perfume, or other similar cosmetics to the surface of your skin.

## Shave

Shave 1-3 days before your session. The idea is to have a nice, close shave, so that there is no hair outside the skin. It is best to have just enough hair to be visible so your laser technician knows what is to be treated.

**There may be some slight charring of the small amount of stubble that gets hit by the laser. So, if you notice an odor of singed hair, that's normal.**

