

## **PRE-TREATMENT INSTRUCTIONS**

FOR LASER TATTOO REMOVAL, LASER HAIR REMOVAL,  
AND SKIN REJUVENATION

**body**details

### **At least 2 weeks prior to treatment:**

- Avoid any direct sun exposure to the area of skin that you will be treating. For daily activities, including driving to work or going to the grocery store, wear sunscreen SPF 30+.
- If you are spending any significant amount of time outside, keep your skin covered with UPF (Ultraviolet Protection Factor) rated clothing. Understand that it is possible for sun to penetrate clothing, even UPF clothing, and for this reason we recommend that you stay out of the sun for at least 2 weeks prior to your appointment.
- Skin cannot be freshly tanned when undergoing laser treatment; in some cases, with some skin types, you may need more than 2 weeks for the tan to fade enough to safely undergo treatment.

### **24 hours prior to appointment:**

- If your treatment is for laser hair removal, shave the area to be treated. Results are optimal when the treatment area was shaved one day before the appointment (rather than the day of).
- Note: If you prefer not to use a razor to shave your face you may use a depilatory cream instead however it should be done 48-72 hours prior to treatment for optimal results.
- Do not expose the skin to any elevated temperatures from hot tubs or saunas.
- If you have a history of perioral herpes simplex virus and you are going to be doing a laser treatment near your mouth, you should take a prophylactic antiviral therapy medication prescribed by your doctor the day before your treatment, the day of your treatment and a day after your treatment to reduce the chance of a breakout.
- If you have a history of genital herpes simplex virus and you are going to be doing a laser treatment near your bikini area, you should take a prophylactic antiviral therapy medication prescribed by your doctor the day before your treatment, the day of your treatment and a day after your treatment to reduce the chance of a breakout.

### **The day of your appointment:**

- The skin must be clean prior to treatment. Arrive to your appointment with the treatment area free of any make-up, lotion, or any type of cream. If possible avoid applying these products on the day of your treatment because these substances can be difficult to completely remove. Some products can be cleaned with a baby wipe, but some may require removal with soap and water. If you were wearing any of these substances on your skin the day of your treatment it is important to inform your True Laser Specialist so that she may ensure everything was properly removed and it is safe to treat.
- If you are treating underarms do not apply deodorant/antiperspirant on the day of your treatment.
- If you used any topical anesthetic agent, it is important to inform your True Laser Specialist.
- To maximize comfort, avoid caffeine the day of your treatment.