

NTOC MED SPA
Pre and Post Treatment Instructions for Hair Removal

Pre Treatment Instructions:

Avoid direct sun exposure and Self Tanning products- apply broad spectrum spf (40 or Higher) daily 4-6 weeks before and post treatment.

Avoid Accutane for a minimum of **6 months** prior to treatment. Let your practitioner know if you have ever had a history of hyperpigmentation/hypopigmentation.

If you have a history of fever blisters/cold sores in the area being treated, we recommend taking a prophylactic antiviral therapy medication prior to treatment to prevent a flare up of cold sores/herpes simplex.

You must notify your practitioner if you have any cosmetic tattooing on or near the area to be treated.

Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to treatment.

On The Day Of Treatment:

Please come to your appointment well hydrated and cleanly shaven. If the area is not properly shaven this could result in an extra fee to the appointment. Remove all makeup if the area to be treated is the face. Taking an over the counter pain medication such as acetaminophen (Tylenol) about an hour before your session can help reduce your experience with pain. We recommend avoiding NSAIDs like ibuprofen (Advil) because they can thin the blood, which leaves the patient at more risk for bruising. Topical over the counter numbing creams can be applied to the treatment area up to an hour before your treatment, these creams must be washed off before your laser appointment begins.

Post Treatment Instructions:

You may experience a mild sunburn like sensation following the treatment. This generally subsides within a few hours post treatment. Skin redness and swelling is **normal** and may last a few days.

Cold compresses in moderation may be useful for the first 24 hours following treatment.

Do not use any harsh exfoliating agents including **chemical** and **manual** exfoliation methods for **one week** on the treatment area unless otherwise instructed by your practitioner.

Avoid the sun and use a high quality, broad spectrum SPF. we recommend SPF 40 or higher. Failure to apply proper sun protection will hinder results and can potentially cause complications following treatment.

Avoid excess heat and friction to the treated area; avoid hot steam baths, exercise, saunas, hot tubs, and swimming pools for a minimum of **24 hours** unless otherwise instructed by your practitioner.

Please contact us directly if you have any questions or do not understand any of the instructions outlined in this form.