DŌCERĒ
MEDICAL SPA & LASER CENTER

PRE-INSTRUCTIONS
Laser Hair Removal

- Avoid sun exposure, sun bed tanning, sunless tanner and solutions 7 days pre and post treatment
- Provide technician with up to date medical history including any new medications that you are currently taking
- Treated area must be clean-shaven the day before or day of treatment
- Please cleanse the treatment area prior to your appointment (ex- deodorant free, makeup free and avoiding heavy moisturizers)
- Avoid chemical peels and other laser procedures in treatment area 2 weeks pre and post treatment
- Avoid Retinol, Retinoid, Hydroquinone, Alpha Hydroxy, Beta Hydroxyl, and Differin 7 days before your treatment
- If you use Accutane or any similar product You MUST be off of medication for at least 6 months before treatment
- Client must stop tweezing, waxing, or using any depilatory 3-4 weeks before appointment
- If you have any fillers or neurotoxins in treatment area it must be administered at least 2 weeks before or after treatment
- Antibiotics may increase photosensitivity. If you are on a long-term antibiotic or have become ill and were recently put on an antibiotic you should be off of the medication for 7 days prior to your treatment.
- If you are prone to cold sores we recommend an antiviral before visit. If there is an active sore we will be unable to do the treatment until resolved. We can provide you with the prescription if needed (the prescription will be needed 2 days prior to treatment).

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POST INSTRUCTIONS
Laser Hair Removal

- Immediately after your treatment there will likely be some slight redness, swelling around the hair follicles and mild discomfort similar to a sunburn. You may use clear aloe gel or cool packs wrapped in a towel (if needed).

- Do not rub or pick the treated area. Do not use any loofahs or abrasive scrubs for at least 3 days or until any redness and sensitivity subsides.

- Avoid strenuous sports activities or hot water/ saunas/ jacuzzis for up to 24 hours after treatment to minimize irritation and prolonged redness.

- Continue to use broad-spectrum SPF 30 or higher, for the duration of your treatments.

- 4 days after treatment begin using a washcloth and a mild cleanser in the treated area to "exfoliate." Do this process for the next 7-10 day to encourage the hairs to fall out and lessen the chances of getting ingrown hair.

- Allow 7-14 days for the hair to "fall out" or shed from the skin

- After your treatment, the targeted area may take several weeks to release hair from the follicle. Do not mistake this for new growth of hair. You should notice a delay in the growth of the hairs in the treated area.

- Do not do any additional laser treatments or chemical procedures on treated area for at least 2 weeks post-treatment

  *In a rare occurrence, if you experience any side effects such as hypo or hyper-pigmentation, crusting or blistering, prolonged redness or swelling, histamine reaction or blistering please contact Docere for further instructions at 440-238-3331.

- To achieve best results, complete the full treatment schedule at the intervals your laser technician has recommended