**New Glow Medspa**

**Laser Hair Reduction – Pre and Post Treatment**

**Pre-Treatment:**

* Notify your practitioner if you have any hormonal conditions, including but not limited to PCOS (Polycystic Ovarian Syndrome), as these conditions may to cause aggressive hair regrowth after laser treatment.
* Notify your practitioner of any medications you have used within the last 6 months.
* Notify your practitioner if you have a history of perioral herpes.
* Discontinue waxing, tweezing or plucking 3 weeks prior to treatment.
* Shaving is required 2 days before treatment, as small 2-3 mm stubble of hair MUST be present for the treatment to be effective.

**Post-Treatment:**

* You may return to your normal daily activities immediately after your treatments.
* Avoid extended sun exposure or tanning for at least 1-week post treatment.
* Use of a broad-spectrum UVA/UVB minimum of SPF 30 is very important after receiving any laser treatment. Remember to reapply throughout the day.
* Continue a regiment of shaving through your course of treatments, 2 days before each treatment session, to ensure any remaining follicles are present at treatment.
* To achieve the best results, complete the full treatment schedule at the intervals recommended by your laser practitioner.