



Hair Reduction Treatment Instructions

Pre-Treatment:

- Avoid skincare products such as Retinol, Tretinoin/Retin-A, Vit C that could be irritating for 1-week.
- The treatment area should be shaved 24-hours prior to treatment.
- Avoid tanning/tanning products for 7-10 days prior to treatment.
- Avoid direct sun exposure for 7-10 days prior to treatment.
- No waxing, tweezing, or threading for 4 weeks prior to treatment.
- If you need to cancel/reschedule your appointment, please provide a 48 hour notice to avoid any fees.

Post-Treatment

- It is normal for the skin to have small red bumps, redness, or feel warm to the touch after treatment.
- The skin may feel sunburnt, and a clean cold compress may be used to soothe the treatment area.
- Direct sun should be avoided for 1-week following treatment or until the redness resolves.
- Do not apply any make up, lotions, deodorants, or perfumes for at least 24 hours.
- Avoid swimming, vigorous exercise, hot tubs, saunas, and steam rooms for 24 hours.
- Avoid using Retinol, Tretinoin/Retin-A, Vit C, and any products that can irritate your skin should be avoided for about 2-3 days.
- If you experience any blistering, crusting, and/or scabbing, please call our office for follow up.
- Schedule your next treatment. Facial hair appointments are 6-8 weeks; body hair are 8-10 weeks apart.

If you have any questions or concerns pre/post treatment, please contact our office at 503-699-6464

After Hours: 503-238-8369



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