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We are so happy that you decided to trust us with your aesthetic needs! For optimal results and safety, it is important to follow these pre and post-treatment guidelines.

*Please reach out with any questions or concerns you have regarding your treatment* – Call or Text: (918)-779-7590 | [soul.tulsa.com](http://soul.tulsa.com) | 1312 E 36th Place, Tulsa, OK

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#### **PRE-TREATMENT INSTRUCTIONS:**

- In the area of treatment: you can not have an active tan and undergo laser hair removal.
- Avoid sun exposure, tanning beds, and sunless tanning lotions/sprays for 4 weeks before treatment.
- Avoid bleaching, plucking, waxing, or electrolysis 4-6 weeks prior to treatment and throughout your series. The laser targets the hair in the hair follicle. If there is no hair in the hair follicle from waxing or plucking, the laser will not work.
- SHAVE the area thoroughly within 24 hours before treatment.
- No visible hair or stubble should be present on the day of treatment.
- If you have a history of herpes or cold sores, talk to your provider about appropriate treatment. Antiviral medication may be recommended.
- Discontinue use of retinoids (Retin-A, tretinoin), glycolic/salicylic acids, and other exfoliants at least 5-7 days before treatment.
- Avoid chemical peels, microdermabrasion, or lasers in the treatment area for 1-2 weeks before the session.
- Prior to actual treatment, remove all makeup, lotions, deodorant, and oil from the area to be treated.



## **POST-TREATMENT INSTRUCTIONS:**

- Mild erythema (redness) and edema (swelling) may appear immediately following treatment and can persist for up to 2-3 days.
- The treated area may feel like a sunburn for a few hours post-treatment.
- Post-treatment cooling or the application of a cold compress may help alleviate any discomfort.
- A non-occlusive topical product, such as aloe vera, can be applied to soothe the treated area.
- Normal skin care regimes, including makeup, moisturizers, deodorant, and shaving, may be resumed the day after treatment if there is no redness, blistering, or crusting present.
- To minimize the risk of hyperpigmentation, avoid sun exposure. Apply a broad-spectrum sunscreen with SPF 30 or higher at all times throughout the treatment series.
- Avoid picking or scratching the treated area to prevent irritation and potential scarring.
- Following the laser treatment, activities such as swimming, sports, and/or strenuous exercise should be avoided for the first 2 to 3 days or until any redness, crusting, or blisters have resolved.
- During your series of laser hair removal treatments, continue to avoid any hair removal methods such as waxing, electrolysis, or tweezing in the treated area, as these can disrupt the hair follicle and reduce the effectiveness of the laser treatment.