

Before Care Instructions for Laser Treatments

The day of each appointment, please arrive for your appointment with area to be treated clean shaven. Shaving is the only method of hair removal permitted throughout the entire LHR process. In order to have optimal results and to lessen pain associated with the laser treatment, the area must be clean shaven or you cannot be treated.

Avoid the following before your Laser Treatments:

- Tanning, tanning beds and self-tanning products. If you are tan when you come in for your appointment, we will not be able to treat you as you will have a higher chance of having side effects and less chance of optimal results.
- Direct sun exposure for at least two full weeks before treatment.
- Stop the use of products that may cause sensitivity. Examples: Products with active ingredients such as Vitamin A, AHA, Glycolic Acid or any other exfoliants
- Any prescription medications that state they may cause photo sensitivity – **like Antibiotics**. Check with your physician if you are unsure
- Do not apply anything topically to the area to be treated on the day of your appointment (deodorant, fragrances or lotions)
- If your medication or health changes for any reason before your treatment, please inform the spa and check with your physician to see if you should proceed with laser treatments

If you have any questions or concerns about your laser treatments please contact us at:

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