



Dermatology Laser Department: Laser Technician 246-9741 • Appointment 246-6000
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Laser Hair Reduction Pre-Procedure Instructions

1. No sun exposure, tanning beds, self-tanning lotions, or spray tans 4 weeks before and 4 weeks after procedure.
2. Shave the area 24 hours before the procedure.
3. No waxing, depilatory creams, or tweezing for 4 weeks before the procedure.
4. Inform your doctor before you come for your procedure if you have a history of fever blisters or herpes simplex.
5. You should not be treated with this procedure if you are pregnant or might be pregnant.
6. If you would like topical anesthesia, which may be needed for the bikini area, you may purchase a tube of numbing cream (L-M-X 4%) at our office ahead of time. Apply this 1 hour before the procedure. Do not apply more than one 5-gram tube per session. No numbing cream is used for chests, backs, and legs due to the large amount of surface area.