



Thank you for scheduling your **Laser Hair Removal treatment** with ComplexCity Spa. For your safety and in order to obtain optimum results, **the instructions below must be followed.**

- Do not wax, tweeze, color, use depilatory creams or have electrolysis on the treatment area for at least 4 weeks before and throughout the entire course of your treatments. Shaving and clipping is permitted as often as desired
- Shave the treatment area 1-2 days before your scheduled treatment, unless instructed otherwise. If you cannot shave the area ComplexCity Spa will shave the area for an additional \$50 charge.
- Do not use any of the following products on the treated area 3 days before or 3 days after treatment: harsh exfoliating cleansers or scrubs, bleaching creams or retinoids (Retin-A).
- Avoid direct prolonged sun exposure 2 weeks before and 2 weeks after treatment on the treated area.
- Apply your ComplexCity Sunblock Moisturizer or a sunscreen of at least 30 SPF or higher every 2 hours to prevent post-procedure side effects if exposed to the sun.
- After treatment the area may feel like mild sunburn, a cool compress can be applied.
- Please adhere to the appropriate treatment intervals recommended by your provider, as the hair growth cycle determines the efficiency and number of treatments required.
- Cleanse the area with tepid warm water. Avoid extremities of heat such as hot showers, hot tubs, and saunas for 72 hours after treatment.
- The hairs that are eliminated from the treated area will gradually work themselves out; this can take 3-4 weeks. Do not pick or scratch the treated areas.
- If you are experiencing in-grown hairs, a gentle exfoliator may be used in between treatments.

- Although extremely rare a blister may appear. Please contact the office and we will further instruct you.
- If you must cancel your appointment please give us at least 24-hour notice to avoid any late cancellation fees. This is due to a high demand for the treatment time.
- There is no guarantee that laser hair removal will be completely effective on every individual.
- Please inform the medical staff of all medications you are taking, some medications can make you photosensitive.
- Please notify your provider of any metal plates, screws or rods in the treatment area.
- Please notify your provider if you have a history of cold sores in the treatment area.
- You are not a candidate if you are pregnant, breastfeeding, or on oral antibiotics.