

DiolazeXL (Laser Hair Removal)

Pre-Care:

1. **Consultation:** Schedule a consultation with a licensed and experienced laser technician or dermatologist to discuss your goals, assess your skin and hair type, and determine if laser hair removal is suitable for you.
2. **Avoid Sun Exposure:** Avoid sun exposure, including tanning beds, for at least two weeks before your laser hair removal session. Sunburned or tanned skin can increase the risk of complications. Use a broad-spectrum sunscreen with at least SPF 30 daily.
3. **Shave the Treatment Area:** Shave the area to be treated the night before your session. Do not wax, pluck, or use depilatory creams, as the hair follicles should be intact for the treatment to work effectively.
4. **Avoid Self-Tanning Products:** Do not use self-tanning products on the treatment area for a few weeks leading up to the procedure.
5. **Skin Sensitivity:** Inform your provider if you have a history of skin sensitivity, allergies, or any medical conditions that may affect the treatment.
6. **Avoid Blood Thinners:** Refrain from taking aspirin, ibuprofen, and other blood-thinning medications for at least a week before the procedure to reduce the risk of bruising.
7. **Clean Skin:** Ensure the treatment area is clean and free from makeup, lotions, or oils on the day of your session.

Post-Care:

1. **Follow Provider's Instructions:** Adhere to the specific post-care instructions provided by your laser technician or dermatologist, as they may customize recommendations based on your treatment and skin type.
2. **Sun Protection:** Continue to protect your skin from direct sunlight by applying a broad-spectrum sunscreen with SPF 30 or higher whenever you go outside. Avoid tanning beds.
3. **Redness and Sensitivity:** Expect some redness and sensitivity in the treated area immediately after the procedure. These side effects usually subside within a few hours to a few days.
4. **Avoid Sun Exposure:** Stay out of direct sunlight and avoid vigorous exercise, saunas, and hot showers for at least 48 hours post-treatment.
5. **Gentle Cleansing:** Use a mild, non-abrasive cleanser to wash the treated area. Avoid hot water and harsh exfoliants.
6. **Moisturize:** Apply a gentle, non-comedogenic moisturizer to keep the skin hydrated and minimize dryness.
7. **Avoid Makeup:** Refrain from wearing makeup for at least 24 to 48 hours post-treatment, or as advised by your provider.
8. **Avoid Active Ingredients:** Avoid using products containing retinoids, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), or other harsh active ingredients until your skin has fully healed.
9. **Avoid Scrubbing:** Do not scrub or exfoliate the treated area for at least a week after the procedure.

10. Follow-Up Appointments: Laser hair removal typically requires multiple sessions for optimal results. Follow your provider's recommended schedule for subsequent treatments.