

# Body+Beauty Lab®

## CUTERA® XEO™ ND YAG HAIR

### PRE-TREATMENT CARE:

- Hair should be cleanly shaven
  - Leave a representative sample unshaven for Body+Beauty Lab to assess
- Do not wear makeup on the treated area the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician
- No waxing, plucking or tweezing at least 4 weeks prior to treatment
  - Some body parts may require a longer wait time
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (depilatories, harsh chemicals, etc.)
- Notify Body+Beauty Lab with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

### POST-TREATMENT CARE:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen
- Redness and perifollicular edema (looks like a rash/bug bites) are common and resolve with time
- Bruising and swelling are less common but may occur and will resolve with time
- Hair may take up to 2 weeks to fall out
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Do not wax or pluck between treatments
- Notify Body+Beauty Lab of any concerns (blistering, excessive redness/swelling, etc.)
- Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair
- Consult with Body+Beauty Lab about when to resume skin care regime