



JJ Aesthetics Med Spa
AGELESS REJUVENATION

845-300-8586 | jjaestheticsmedspa.com
189D S Middletown Rd, Nanuet, NY 10954

DIOLAZE XL LASER HAIR REMOVAL CARE

PRE-TREATMENT INSTRUCTIONS

- Avoid laser hair removal if pregnant or breastfeeding.
- Shave the area to be treated with laser 1-3 days prior to your appointment. You can shave as often as desired between laser sessions.
 - The closer the shave, the better.
- No makeup/lotion/deodorant on the day of your appointment (on treatment area).
- Discontinue waxing, tweezing, threading, depilatories and electrolysis for at least 3 weeks prior to treatment and throughout treatment.
- Stop any retinoids 2 weeks prior to your treatment unless otherwise advised by Dr. Jessy Joseph
- Stay out of direct sunlight for at least 3 days prior to your appointment (& 3 days after).
- Avoid tanning/spray tan prior to your treatment. Any patient with a significant tan or sunburn may be rescheduled due to the sensitivity of the procedure to altered skin color and for the sake of your own safety.
- If you have a history of cold sores, please let Dr. Jessy Joseph know.

POST-TREATMENT INSTRUCTIONS

- The treatment area is very delicate and should be treated gently. Immediately following the procedure, there may be slight swelling and redness at the treatment site.
- **Avoid direct sun exposure to treated areas for at least one-week** post-treatment and all signs of redness and irritation have subsided. Always wear a broad-spectrum sunscreen with a minimum of SPF 30 daily. Completely cover any areas that have a crust present.
- Don't get a tan in the area.
- Avoid any trauma to the treatment area such as scratching, picking or rubbing.

- Avoid pools, hot tubs, Jacuzzis, saunas, and steam rooms for 3 days.
- Avoid any exfoliation treatments or creams containing a chemical exfoliator for 2 weeks pre and post-treatment, such as microdermabrasion, retinoids, or glycolic acid.
- You may apply cold compresses or ice packs to the treated site to ease discomfort.
- You may notice the hair starts to fall off in 2-3 weeks.

If you have any questions or concerns, please call our office at 845-300-8586