

Pre Treatment Guidelines: Laser Hair Removal

Proper preparation ensures the safest and most effective results for Motus Pro skin rejuvenation, pigmented lesion, and vascular lesion treatments.

SIX MONTHS BEFORE:

- Discontinue Accutane® (isotretinoin) for at least 6 months prior to treatment.

TWO TO FOUR WEEKS BEFORE:

- Avoid direct sun exposure, tanning beds, and self-tanners on the treatment area for 2–4 weeks.
- Use broad-spectrum SPF 30+ daily to protect the skin and reduce the risk of pigmentation changes.
- Do not schedule treatment if you have a visible tan or sunburn.
- Avoid photosensitizing medications (doxycycline, minocycline, St. John's Wort) for 7 days, if cleared by your prescriber.
- If you have a history of cold sores (herpes simplex) near the treatment area, notify your provider — a preventive antiviral may be recommended.
- ^aNotify your provider if you are pregnant, breastfeeding, or planning pregnancy.

FIVE TO SEVEN DAYS BEFORE:

- Stop using retinoids, glycolic acid, salicylic acid, benzoyl peroxide, or other exfoliating or irritating skincare products on the treatment area.
- Avoid physical exfoliation such as scrubs, loofahs, and dry brushing.
- Avoid aspirin for several days prior, if approved by your prescriber, to reduce bruising risk.

TWO TO THREE DAYS BEFORE

- Keep the area clean, moisturized, and protected.
- Avoid alcohol for 2–3 days before treatment.

TWENTY-FOUR HOURS BEFORE:

- Arrive with clean, product-free skin — no makeup, lotion, perfume, deodorant, or oils.
- Notify your provider of any recent illness, new medications, or changes in your skin.