

STUBBLE™

The Stubble Prep Guide

What to do before, during, and after your
laser hair removal appointment.

Drop the Razor. Go Laser.

START HERE

If this is your first time...

You're probably wondering what to do before you come in, what it's actually going to feel like, and what happens after you leave.

That's exactly what this guide is for. No fluff. No confusion. Just a clear, simple walkthrough so your experience is fast, smooth, and predictable.

If you follow this, everything works the way it should.

THE GOAL

This process only works when three things happen: **your skin is prepared correctly**, **your appointment is clean and efficient**, and **your skin is protected afterward**. Everything in this guide is built around those three things.

WEEK BEFORE

Set the foundation.

Your skin should be calm, not stressed.

The biggest thing to avoid is **sun exposure**. Tanned or burned skin becomes more sensitive and unpredictable — that's not how you get clean, consistent results.

Keep your routine simple. This is not the time to try new products, treatments, or anything aggressive.

If you normally use stronger skincare like exfoliating acids or retinoids, pause them so your skin isn't already irritated when you come in.

THE 24-HOUR WINDOW

The most important step.

This is where most people either set themselves up for success... or don't.

Shave the area about 24 hours before your appointment. Not right before. Not several days before. Right in that window.

The goal is smooth skin without fresh irritation.

AVOID

Do not wax. Do not pluck. Do not remove the hair from the root. Shaving only. No scrubs, no exfoliation, no aggressive treatments.

DAY OF

Come in clean.

Completely clean skin. No lotion. No oil. No deodorant. No makeup on the area.

If anything is on the skin, it has to be removed before treatment — that slows everything down.

Wear something comfortable. Loose clothing helps after your session when your skin may be slightly sensitive.

DURING YOUR TREATMENT

Quick. Controlled. Done.

The sensation is quick. Not constant. Not overwhelming. Just brief, controlled moments.

Some areas are more sensitive than others, but most people say: *"That was way faster than I expected."*

Because it is. You're in. You're treated. You're done.

IMMEDIATELY AFTER

What's normal.

Your skin may look slightly red or feel warm. That's normal. It usually fades quickly.

Think of it like a light skin response, not damage. Before you leave, you'll know exactly what to do next.

FIRST 24 HOURS

Protect your results.

Your skin is more sensitive right after treatment. Your job is simple: **avoid heat and irritation.**

- No hot showers
- No saunas
- No intense workouts
- No direct sun exposure
- No harsh products or exfoliation

48-72 HOURS AFTER

Keep it simple.

Your skin is still recovering. Stick to gentle cleansing and a light moisturizer if needed.

Avoid jumping back into aggressive skincare too soon. Let your skin fully normalize first.

BETWEEN APPOINTMENTS

Consistency wins.

If hair grows back, you can shave. But **do not wax, pluck, or remove hair from the root** — that disrupts the process.

Stay on schedule. Spacing matters. Timing matters. The people who stay consistent see the best results.

MISTAKES THAT SLOW THINGS DOWN

Avoid these.

- Not shaving correctly
- Showing up with sun-exposed skin
- Using irritating products
- Ignoring aftercare
- Skipping sessions

WHEN TO RESCHEDULE

Reschedule if you have **sunburn**, your skin is **irritated**, or you've had **heavy sun exposure** right before your appointment. This protects your skin and your results.

IF SOMETHING FEELS OFF

Just ask.

Most reactions are mild and temporary. But if anything feels unusual or concerning, reach out. It's always better to ask than guess.

QUICK RECAP

Everything in one page.

BEFORE	DAY OF	AFTER
Avoid sun	Clean skin	Avoid heat
Keep skin calm	No products	Avoid sun
Shave 24 hours before	Come ready	Keep skin calm

ALWAYS: No waxing or plucking. Stay on schedule.

Ready When You Are

If you follow this guide, your appointment will be simple, fast, and effective. We'll take care of the rest.

Drop the Razor. Go Laser.

MEDICAL DISCLAIMER

This guide is for informational purposes only. Individual responses may vary. All treatments are subject to provider evaluation and approval.