

Laser Hair Removal Pre and Post Treatment Instructions

Two weeks prior to treatment:

- **No Sun Exposure – No Tanning – No Self-Tanners!** Sun exposure, tanning bed use and self-tanners all change the pigment/color of the skin. The laser is attracted to pigment, so by adding pigment to the surface of the skin, the risk of post treatment skin pigmentation increases.
- **No Cosmetic Treatments or Procedures.** This includes neurotoxins (Botox, Dysport), fillers (Juvederm, Restylane, Sculptra), lasers, Scarlet, Ultherapy, Microneedling, etc. Any skin sensitivity should be resolved before receiving laser hair removal treatments in the same area.
- **No Picking, Plucking, Waxing or Tweezing for at least 2 weeks!** If you have removed the hair from the follicle, the laser will NOT treat it. We want you to have the best possible result from your treatment so only use shaving to remove hair prior to your treatment.
- **Discontinue use of photosensitive medications.** Photosensitive medications change how the skin reacts to the sun and heat. These medications can lead to a reaction in the skin when a laser treatment is performed.
- **If you have a history of cold sores, let your provider know.** Your provider may prescribe an anti-viral medication prior to treatment.

12-24 hours prior to treatment:

- **Shave!** We want the hair follicle to absorb the laser energy, not the hair on the surface of your skin. Remember, our goal is smooth, hair-free skin. If you need assistance with shaving upon your arrival at the office, there is a **nominal fee**.

Day of treatment:

- Absolutely no exercise, hot tub, saunas or sun exposure.

Immediately following your treatment:

- Absolutely no exercise, hot tub, saunas or sun exposure.
- Most common side effects:
 - Redness.
 - Swelling/welting.
 - The feeling of having a sunburn.
 - Razor burn.
- Most side effects should go away within a few days. Contact our office if any of the following occur:
 - Pain or redness lasting longer than two days.
 - Dark pigmentation occurs.
 - Red bumps or acne like lesions are present.

First week following treatment:

- Apply a thin layer of Triamcinolone cream (TAC), Hydrocortisone, twice a day until the redness and/or swelling subsides.
- Clean, cool compresses may be applied throughout the day to help reduce the redness and/or swelling.
- Cleanse area twice daily and immediately following any physical exertion to eliminate bacteria.
- Avoid swimming or hot tub use for at least the first week.
- Avoid Retin-A or any type of retinol products, no acidic products such as glycolic acid-based products for the first week. Minimize your sun exposure throughout the *entire* course of your treatment.
- If you are planning to be outdoors be sure to use a mineral based (physical) SPF or higher. Product should be applied at least 15 minutes prior to going outdoors and reapplied every 90 minutes.

Schedule your next laser hair removal appointment per your treatment plan for best results.

Please call our office if you have any questions or concerns.