

## Pre and Post Laser Hair Removal Treatment Instructions

### Treatment Contraindications:

- You are not a candidate if you are pregnant, breast feeding, have open sores in the treatment area, or if have been on isotretinoin (sometimes known as Accutane) in the past 6 months.

### Laser Scheduling Reminders:

- Laser Hair removal typically takes around 6-9+ treatments spaced out approximately every 4-6 weeks.
- Inform us if you have a history of cold sores or herpes in the area treated (laser light can activate herpes infections). Be sure to take your medication for cold sores the morning of the appointment if you have a history of cold sores. You will need a prescription prior to the day of the appointment.
- Inform us of any change in your health since the last visit (including pregnancy/breastfeeding).

### Pre-Treatment Care Instructions:

- Do not wax, tweeze, color, bleach, use depilatory creams or have electrolysis on the treatment area for at least 4 weeks before and throughout the entire course of your treatments. Shaving and clipping is permitted as often as desired.
- Shave treatment area the morning of your scheduled treatment, unless instructed otherwise. If you cannot shave the area, our clinical staff will shave the area for an additional \$25-\$50 charge, depending on the surface area to be treated.
- Patients should not be tan for any laser or light procedures and should not have been exposed to the sun, tanning beds, or used self-action tanners for 2 weeks before the procedure. Tanning introduces an increased risk for pigmentation changes. Tanning after laser treatments is also discouraged for 2 weeks.
- Avoid neurotoxin injections (Botox, Jeuveau, Dysport, Xeomin, etc.) at least 1 week prior and 1 week after treatment, and avoid dermal fillers at least 2 weeks prior and 2 weeks after treatment.
- Arrive to your laser appointment without any jewelry, makeup, moisturizers, lipstick, or other skincare products at the anticipated treatment site if able. Bring makeup with you if you would like to apply after treatment.
- Do not bring children to your appointment. Assistance is not available to watch them while procedures are being done. Hazardous chemicals and equipment are in the vicinity and could potentially cause harm.
- Discontinue use of Retin-A, Renova, Differin, Tretinoin, Tazorac, glycolic acids, Vitamin C products, skin rejuvenating products, and any other potential irritants 2 days prior to treatment.
- Males/those with facial hair: Shave the treatment area 1 day before your scheduled treatment (unless instructed otherwise by your provider).
- Notify us if you have tattoos or permanent makeup in the areas being treated, as the tattoos can be affected by laser light.

### Post-Treatment Care Instructions:

- Apply your sunscreen the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving.
- The hairs that are eliminated from the treated area will gradually work themselves out; this can take 3-4 weeks. Do not pick or scratch the treated areas. If you are experiencing ingrown hairs, a gentle exfoliator may be used in between treatments.
- Avoid extreme temperatures of heat for 24 hours post treatment (i.e. Jacuzzi, hot showers etc.)
- Do not shave the treated area until the skin is completely healed.
- Treatment area should be gently washed daily with lukewarm water and a mild cleanser.
- If there is incidental blistering, the blister should be left alone or treated with Vaseline ointment.
- Redness or a sunburn sensation may occur after treatment. Typically, this only lasts a few hours. Occasionally, redness may last several days. You may experience some mild swelling, redness and crusting after treatment that can last up to 5 days, and longer in rare cases.