

LASER HAIR REMOVAL PRE AND POST-TREATMENT INSTRUCTIONS

- Always use a broad-spectrum (UVA/UVB) sunscreen of at least 30 SPF and avoid direct sun exposure in all treatment areas throughout the treatment series. This can help with treatment efficacy and prevent post-treatment complications.
- Do not take Accutane (Isotretinoin) for at least three months before treatment.
- Discontinue sun tanning, use of tanning beds, and any application of sunless/self-tanning products four weeks before treatment.
- Discontinue bleaching, plucking, electric epilators, sugaring, depilatories (Nair), and waxing hair four weeks before treatment.
- No CoolPeel, light or medium chemical peels, glycolic treatments, or microdermabrasion two weeks before treatment.
- No deep chemical peels or laser resurfacing within three months before treatment.
- Injectables (botox/filler) within two weeks are not recommended, as the longevity of injectables may be affected.
- No Antibiotic use within ten days of treatment.

DO NOT USE THE FOLLOWING PRODUCTS 7 DAYS BEFORE TREATMENT

- Retinols/Retinoids. Examples: Retin-A, Retinoic acid, Renova [Tretinoin], Differin [Adapalene], Tazorac.
- Exfoliating creams/serums
- Products containing alpha-hydroxy acid (AHA) or beta-hydroxy acid (BHA)
- Hydroquinone
- Aspirin to avoid bruising/purpura

24-48 HOURS BEFORE YOUR TREATMENT

- Shave area being treated within 24 hours of treatment with a new razor or electric clippers. If your hair grows rapidly, you may be asked to shave the day of treatment.
- If possible, take a photo of the treatment area before shaving to show the practitioner.
- If you have a history of HSV 1/2 or cold sores in the treated area. You will need your primary care doctor to prescribe a suppressive therapy such as Valacyclovir (Valtrex), Acyclovir, or Famciclovir to help prevent an outbreak from occurring. You must start this medication at least 48 hours before each treatment and continue for 5 days after.
- Do not take products containing Ibuprofen (Advil, Aleve).

DAY OF YOUR TREATMENT

- We ask that you do not come to any of your treatments with a tan/sunburn or sunless/self-tanning products in the treatment area, or your treatment may need to be postponed.
- Do not wear makeup, cream, perfume, powder, or deodorant in the treatment area.
- If you have any products on and need to shave, please cleanse with soap and water and shave before entering the treatment room. Please note that if this interferes with your appointment time, we may be unable to complete your full treatment during that session.
- Wear loose-fitting clothing/underwear if bikini or leg areas are being treated.
- Please let us know if you are using any new oral medications, topical medications, or skincare products.

POST-TREATMENT

- Always use a broad-spectrum (UVA/UVB) sunscreen of at least 30 SPF and avoid direct sun exposure on all exposed treatment areas throughout your treatment series.
- You may shower the same day with mild soap and water. Wash the treated area gently with your fingertips. Avoid hot water for the first 24 hours following treatment and always pat dry.
- It is best to avoid deodorant for 24 hours after each treatment, and using a light powder or aloe vera is best.
- Avoid swimming, hot tubs, saunas, hot yoga, and strenuous exercise for 48 hours following treatment.



- It is best not to wear makeup for 48 hours after each treatment. If necessary, try to use non-comedogenic (do not clog pores) products and apply and remove gently with clean hands.
- You can shave the area with a new razor or clippers 48 hours following treatment.
- Avoid exfoliating the area for at least two weeks.
- Hydrate the treated area using a lenitive cream or aloe vera.
- Avoid bleaching, plucking, electric epilators, sugaring, depilatories (Nair), or waxing hair throughout your treatment series.
- Avoid picking, rubbing, or scratching the treated skin.

POSSIBLE SIDE EFFECTS

- Typical immediate post-treatment reactions can be Perifollicular (around the follicle) erythema (disappears after 1-2 days), slight edema (disappears after 24 hours), slight erythema (disappears after 1-3 days), and itching.
- Refraining from picking, rubbing, or scratching these areas until they have cleared is essential.
- If your skin experiences a burn, crusts, or scabs, please refrain from picking, rubbing, or scratching, as this can lead to infection, scarring, and permanent pigment changes.
- For any irritation and itching, an over-the-counter hydrocortisone cream or gel can be applied 2-4 times daily for one week.
- For blisters, crusting, or open areas, an over-the-counter topical antibiotic ointment such as Polysporin (refrain from Neosporin as it may cause allergic contact dermatitis) can be applied with clean hands 1-3 times daily on clean skin.
- Although rare, if the treated area develops a burn or shows any signs of infection such as redness, tenderness, pus, or if you develop a fever. Please call or text our office immediately, as you may require antibiotics.

REMEMBER

- Compliance with pre and post-treatment instructions is crucial for hair reduction therapy's success and preventing unnecessary side effects or complications.
- You are responsible for keeping track of scheduled appointments to ensure maximum results.
- On average, hair reduction decreases the amount of hair growth by 60 – 90% and requires more than one treatment. The treated hair should shed in approximately 2-3 weeks.
- Results will depend on the individual, hair growth stage, stress, general health, hormonal status, and following the treatment plan.
- Before the treated hair pushes out/sheds, it can appear darker, coarser, and like new growth. Do not get discouraged; this is not new growth and will eventually become lighter and thinner before shedding out.
- If anything in your medical history changes, you begin taking new medications, become pregnant, are planning to become pregnant, or are breastfeeding, please notify our office.
- If you have any questions or concerns, please call or text our office: 407-934-0618

