

# Laser Hair Removal Instructions

## Pre-treatment Instructions:

- Avoid waxing, tweezing, electrolysis and bleaching hairs for ten (10) days immediately before your treatment. If you are waxing we recommend that you discontinue while you are undergoing laser hair removal treatments. If you absolutely need to wax for a special event and cannot wait for the hair to fall out then please do so within 3 days after your laser treatment.
- Refrain completely from sunbathing for a minimum of two weeks before and one week after. Darkly pigmented skin may absorb a portion of the energy that should be striking the hair follicle, which will impact the desired results. If you should be exposed to strong sunlight for any length of time during your treatment schedule, wear tightly woven fabrics that will protect the treatment area from exposure to the sun.
- Keep in mind that overly dry skin may diminish the efficiency of laser treatments. Please keep the area to be treated and surrounding areas moisturized at all times. However, on the day of treatment, DO NOT use moisturizer or apply oil of any kind to any area that will be treated.
- If your upper lip or chin is being treated, we may start you on anti-viral therapy (Valtrex or Famvir) to prevent a herpes (cold sore) infection, starting one day before your treatment and continuing for 7 days total.
- Shave the area 2-4 days prior to your visit. A short stubble should be present when you have your treatment.

## During the Procedure:

- You will feel some stinging and burning during the procedure. This is usually mild and very tolerable. Topical anesthesia usually is not necessary.
- To protect your eyes from the laser it is necessary to wear protective eyewear while being treated.

## Post-treatment Instructions:

- Immediately after treatment there may be some redness and swelling at the treatment site. This may last for several hours or days.
- No special skin care is usually necessary. For itching or discomfort apply Aquaford or Hydrocortisone 1% cream over the area as often as desired, bathe normally patting the area. DO NOT rub. Tylenol and cold compresses may also be used if desired. If blistering or crusting should occur DO NOT PICK the area, apply an antibiotic ointment and let it heal naturally.
- Makeup may be used immediately after the treatment. Use new makeup to avoid infection.
- Avoid sun exposure just prior to a treatment, as we cannot treat sunburned skin.
- Shedding of the treated hair "roots" may occur 7-14 days after treatment. This is not new hair growth. These hairs can be removed by wiping with a wet cloth, louffa, or buff puff.
- Schedule your next appointment when you begin to see hair growth again. This may occur 4-6 weeks after treatment. Normally facial hair growth occurs in 4 weeks, while body hair usually takes 4-6 weeks.
- Usually 4-6 treatments are required during the first year of treatment to permanently remove most of the hairs. Hairs that are not yet permanently removed should become finer and lighter after treatment.