

Laser Hair Removal Pre and Post Care Instructions

**PRE-TREATMENT INSTRUCTIONS**

**The following are important treatment considerations for you to discuss with your provider. It is important for you to understand the pre-treatment instructions to help avoid unsatisfactory results and/or complications.**

1.No antibiotic use two weeks prior to treating (oral or topical)

2. No waxing, tweezing, sugaring or depilatory creams (Nair) 4 weeks prior

3. No sun exposure, sunburn, self-tanner or spray tan 4 weeks prior. RECENTLY TANNED SKIN CAN NOT BE TREATED! This will result in injury or burn.

4. No Accutane within 6 months

5. No active skin infections or lesions

6. No active skin cancer

7. No history of keloids

8. No tattoos in treatment areas

9. No history of epilepsy

10. Not currently pregnant or breastfeeding

11. Must arrive fully shaved to your appointment.

12. Treatment area must be free of lotions and oils. Your provider may ask you to stop any topical medications or skin care products 3-5 days prior to treatment

13. If you have had a history of perioral or genital herpes simplex virus, your provider may recommend a prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.

**POST TREATMENT EXPECTATIONS AND INSTRUCTIONS**

1. No sun exposure for 2 weeks post treatment. Apply SPF 30+ to treated areas daily.

2. Redness, bumps, swelling, bruising or itchiness can occur and are all normal side effects. Ice can be used to soothe any inflammation. The treated area can feel like a sunburn for several hours post treatment. Redness may last up to two days. It is recommended to use Aloe and/or Hydrocortisone to help with any irritation.

3. Avoid using any harsh skin care products on treated areas as they can worsen irritation. If treating underarms, it is ideal to discontinue use of deodorant for 24 hours post treatment to reduce skin irritation. Avoid picking or scratching the treated areas. Do not use any other methods of hair removal (waxing, tweezing, sugaring, depilatory creams) that will disturb the hair follicle in the treatment area. Shaving is okay.

4. In the following weeks after the treatment, shedding of the treated hair may occur. This can sometimes look like new hair growth. This is NOT new growth. This will shed naturally with time. Do not disturb the hairs.

5. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn for the first 24 hours. Lukewarm temperature water is recommended.

6. Avoid swimming for 24-48 hours to avoid bacteria and chemicals on your skin. Avoid steam rooms, saunas and exercise for 24-48 hours to reduce follicle irritation.

7. It is strongly recommended to avoid the use of self tanning products throughout the course of your treatments. If you plan to use self-tanner at ANY TIME during the course of your treatments, please discuss with your provider first.

8. In rare circumstances, treatment can cause blistering. If this occurs call our office immediately.

9. Please note that hair regrowth occurs at different rates on different areas of the body. On average 4-6 weeks is the ideal time between treatments. Your provider will recommend the appropriate schedule for your specific treatment plan.