

Laser Hair Removal Instructions

Before Treatment

- Use sunscreen to area daily: Any amount of tan will interfere with effectiveness of the treatment and increase adverse reactions. Please keep the areas to be treated out of the sun as much as possible throughout your treatment. Optimal results will be attained with no sun exposure 3 weeks before or after treatment.
- Do not wax, pluck, have electrolysis for at least four weeks prior to laser.
- Shaving does not affect treatment results.
- Skin pretreatment may be prescribed to patients with tan or darker complexion.
- Persons with a history of herpes simplex or shingles in area to be treated may be advised to use antiviral medications (i.e. : Zovirax) 4-5 days prior to treatments.

Day of Treatment

- At home, shave, clip, or use a depilatory on unwanted hair to achieve hair removal as closely as possible without damaging the skin surface. The goal is that no hair stubble is visible in the area to be treated.
- If prescribed, one hour prior to your appointment time, thoroughly apply a thick coat of EMLA or generic Lido/Prilo (anesthetic cream). Apply about 2-3 times the amount you would apply if using body lotion. Cover the entire area to be treated with plastic wrap (saran Wrap). This cover will be removed at the office by our staff.
- Immediately after the treatment, transient redness, swelling, itching, and burning sensations may be experienced. These will disappear within 24 to 48 hours. If desired, over the counter 1% Hydrocortisone cream may be used to minimize the above symptoms.

After Treatment

- Transient burning sensation with redness and swelling is expected. This may last from minutes to a few days.
- No special care is necessary except the treated areas should be protected from direct exposure to sunlight. This prevents skin discoloration. Sunscreen with SPF greater than 15 should be used at all times, as well as wearing a hat. If area is typically exposed, sunscreen with SPF greater than 15 should be used at all time.
- Initially, the hair may appear to grow. Hair will then start to fall out of the follicles within the next 7-10 days. It may take 2-3 weeks to shed all hairs from treated area.
- No tanning booth until the entire course of treatment is completed.
- Treatment should be repeated every one to three months, as advised.
- On occasion, small scabs or excoriations may be present around the follicles. This may last for 3-5 days. Keep area moist with Neosporin ointment and avoid scrubbing the area until condition is resolved.