

## Before and After Instructions Laser Hair Removal

### **DO before your treatment:**

- Shave the area within 24 hours; it is important to remove all hair stubble for the best results
- Remove any lotion, sunscreen, deodorant or makeup on the skin to be treated
- Patients with a history of herpes outbreaks in the area to be treated should take their usual preventive anti-viral medication for 3 days starting 24 hours before your treatment
- Ask for cooling and/or numbing cream if NOT having the “in-motion” laser treatment<sup>[SEP]</sup>
- Allow extra time for a “skin test” if this is your first treatment
- Identify and isolate any tattoos near the treatment areas
- Let us know if you are allergic to the ultrasound gel (applied to your skin for contact to the device)

### **AVOID before your treatment:**

- NO sun-tanned skin in the area to be treated, or wait a month; also wait if planning prolonged sun exposure afterwards<sup>[SEP]</sup>
- NO waxing, plucking, threading, bleaching or chemical depilatories for 6 weeks before treatments<sup>[SEP]</sup>
- NO facial skin peels or collagen injections for 2 weeks prior to laser hair removal of the face
- NO medications like Retin-A or artificial tanning for two days prior to treatment
- NO Accutane for 6 months prior to treatment

### **Post-treatment instructions:**

- **There is NO down time after treatment!**
- You may apply makeup, sunscreen or a skin moisturizer as soon as desired after treatment. If the treated area looks pink or tingles from shaving or follicles swelling, use a water based skin moisturizer like Aquaphor as often as you wish to keep the skin moisturized.
- Avoid direct sun exposure to the treated area for the first 72 hours after treatment, including tanning beds, and sunless tanning lotions
- Use sunblock (SPF 45 recommended) after treatment and reapply every 2 hours particularly for the first week after treatment.

### **Avoid traumatizing the treated area:**

- Immediately after treatment, you may continue to cool the area with cool packs if the treated area feels warm or for your comfort. It is normal to feel a pulling sensation towards the end of treatment that usually resolves right after the treatment is completed.
- For the first few days after your treatment, avoid hot baths, vigorous contact exercises or massages of the treated area. Do not rub your skin vigorously or try to pick at the hairs that may extrude.

### **Expected skin changes:**

- Most patients look normal after an effective treatment. Some have mild redness and swelling around the treated hair follicles. A cold compress (such as a towel soaked in ice water) can be used to reduce these symptoms.
- You may notice hair roots being extruded in 1- 7 days. Remember to let the hair roots fall off naturally.
- Complications are uncommon, so call us immediately (415-404-0200 and [aestheticpopup@gmail.com](mailto:aestheticpopup@gmail.com)) if you have any blistering.

### **Be sure to schedule your next appointment before you leave:**

Although clinical results are seen even after one treatment, we recommend a series of 5 treatments spaced 6 to 8 weeks apart for the best results. The time interval, number of treatments, need for a later touch-up will vary individually.