

Before and After Instructions for Laser Hair Removal

Before your treatment:

- Shave the area the day before, remove all hair stubble and allow any cuts/nicks to heal before
- Identify and isolate any Tattoos near the treatment areas (must stay 2cm away)
- 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
- Arrive 30 to 60 minutes early if using a numbing cream for your laser treatment
- Let us know if you are allergic to the ultrasound gel (applied to your skin for contact to the device)

AVOID before your treatment - this means NO:

- medications like Retin-A or artificial tanning for 2 days prior to treatment
- facial skin peels or collagen injections for 2 weeks prior to laser hair removal of the face
- sun-tanned skin in the area to be treated, or wait a month. Wait if planning prolonged sun exposure after treatment
- waxing, plucking, threading, bleaching or chemical depilatories for 6 weeks before treatments [SEP]
- 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 on our cell #s immediately, or LM 415-404-0200

Be sure to schedule your next appointment before you leave:

Although clinical results are seen even after one treatment, expect to need a series of 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.