

Patient Instructions for Laser Hair Reduction

PRE-TREATMENT INSTRUCTIONS

- Avoid the sun 4-6 weeks before and after treatment. **RECENTLY TANNED SKIN CAN NOT BE TREATED! If treated within 2 weeks of active (natural sunlight or tanning booth) tanning you may develop blisters or white spots after treatment. The white spots may be permanent or may not clear for 2-3 months or longer.**
- You must avoid bleaching, plucking, or waxing hair for 4-6 weeks prior to treatment. SHAVE ONLY. Make sure to shave the day before your treatment. TREATMENT SITE HAIR SHOULD BE STUBBLE ONLY.
- The use of self-tanning skin products must be discontinued one week before treatment. Do not get a spray tan for at least 2 weeks prior to treatment.
- Aspirin products, blood thinners, vitamin E, fish oil, and non-steroidal anti-inflammatory drugs can increase risk of bruising.
- Discontinue oral photosensitizing medication (with prescribing physicians approval) prior to treatment as well as topical photosensitizing medications 3-5 days prior to and after treatment.
- See complete list of precautions/contraindications to laser hair reduction.

WHAT TO EXPECT AFTER TREATMENT

- Because the treated follicles have been heated up, there should be some redness, itch, swelling, and discomfort which may last up to 2 hours or longer. The redness can last up to 2-3 days. The treated area will feel a lot like a sunburn for a few hours after the treatment.
- You should apply cold compresses 2-3 times throughout the day after treatment.
- A soothing skin care product like aloe vera gel should be applied 2-3 times a day for 2-3 days after treatment.
- If an itching sensation or redness occurs, you may apply an over-the-counter hydrocortisone ointment or cream. An oral non-drowsy antihistamine (such as Claritin) may be taken as well to alleviate itching.

AFTER-CARE INSTRUCTIONS

- After the laser treatment **DO NOT USE** any other hair removal products or similar treatments (**waxing, electrolysis, or tweezing**) that will disturb the hair follicle in the treatment area for 4-6 weeks. **Shaving is the preferred method.**
- Makeup can be applied immediately after treatment, as long as the skin is not irritated.
- Within days of the treatment, you will see hair appearing in the treated area. **This is not regrowth.** It means your body is pushing the treated hair out from under the skin. This may continue for about 3 weeks. You can clean and remove the hair by washing or wiping the hair with a wet cloth or a loofa sponge.
- Although there are no restrictions on bathing, you need to treat the treated skin gently for the first 24 hours, as if you had a sunburn.
- Avoid hot tubs, saunas, and exercising for 24 hours post treatment or until inflammation has resolved to avoid blistering. If treating legs, avoid activities that require prolonged standing for 24 hours post treatment to avoid hive-like reaction.
- After the underarms are treated, you may wish to use powder in place of deodorant for 24 hours after the treatment to reduce skin irritation.

- **Avoid sun exposure for 4-6 weeks after treatment to reduce the chance of hyperpigmentation (darker pigmentation).**
- **Use a sunblock (SPF 30+) at all times during the course of the treatment.**
- **Plan to schedule appointments every 4-6 weeks.**

Please contact us with any questions or concerns.

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