

## Pre/Post Instructions

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For Laser Hair Removal

***No waxing, tweezing, coloring or depilatories on the treatment area during the entire course of your treatments. Wait 4 weeks after discontinuing those methods before beginning treatment. Shaving, trimming or clipping is permitted as often as desired.***

- Shave the treatment area the day before your treatment unless instructed otherwise. If you are unable to reach the area to be removed, we will shave the area for you at an additional **charge**.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- Ibuprofen or Extra Strength Tylenol may be taken 20 minutes before treatment to reduce intensity. If you have elected to use topical anesthetic, apply it to the skin in accordance with the product instructions 1 hour before your scheduled appointment. However, the topical anesthetic will be cleansed off before treatment.
- Until sensitivity completely subsides, avoid swimming pools and spas with chemicals/chlorine or activities that cause excessive perspiration.
- Do not apply creams, lotions, or deodorant on the area to be treated the day of treatment except for on the face, which is easy to wash.
- You may experience a slight sunburn or razor burn feeling after a treatment. Although rare, a fine crust, swelling, or blistering may develop in certain sensitive areas. In these instances, you may apply a cool compress and Aloe Vera or antibiotic ointment as needed until resolved. This may last 1-3 days.
- Washing is permitted with a mild soap and tepid water. Never use hot water on freshly treated areas. Avoid exfoliant creams, loofah sponges or acne products.
- The hairs that will die from your treatment will gradually work themselves out. Please do not pick, rub or scratch. This process can take up to 3-4 weeks.
- Subsequent treatments are based upon your clinician's recommendation and are typically 4-8 weeks apart. The number of treatments needed will depend upon the body location, the amount of hair present, the character of the hair and your skin type.
- If you must cancel or reschedule your appointment, please contact the office at least 24 hours in advance. Otherwise, a cancellation fee may be applied, due to the high demand for treatment time.

Complications for treatment include pregnancy, Isotretinoin (Accutane) within the past 6 – 12 months, epilepsy or those who have a history of seizure, diabetes (we do not treat below elbows or below knees), chemo or radiation therapy, pacemaker, internal defibrillator, an internal metal device (surgical screws, pins, plates, or implants) in the area to be treated, infectious disease, bleeding abnormalities, immunocompromised, HIV positive (a letter of clearance is needed), multiple sclerosis (a letter of clearance with confirmation that the area to be treated is not numb), connective tissue disease, scleroderma, lupus, sarcoidosis, medical condition that may affect wound healing, children under the age of 12, treatment over numbness of any body part, over moles or lesions of any kind, over tattoos, port wine stains, under the eyebrows, or any orifice. Use of photosensitive medications may cause increased skin sensitivity to laser treatment.

If you have any questions or concerns, please contact us as soon as possible. We look forward to seeing you at your next appointment.