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Laser Hair Removal Pre/Post Treatment Instructions

PRETREATMENT INSTRUCTIONS

1. Avoid the sun 4-6 weeks before and after treatment. Pigmented cells in your skin compete with melanin in your hair.
2. Your provider may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.
3. You MUST avoid bleaching, plucking or waxing hair for 4-6 weeks prior to treatment. The melanin-containing hair must be present in the follicle as it is the "target" for the laser light.
4. If you have had a history of perioral or genital herpes simplex virus, your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.
5. If you have a tan or have a darker skin type, a bleaching regimen may be started 4-6 weeks before treatment.
6. **RECENTLY TANNED SKIN CANNOT BE TREATED! If treated within 2 weeks of active (natural sunlight or tanning booth) tanning,** you may develop hypopigmentation (white spots) after treatment and this may not clear for 2-3 months or more.
7. The use of self- tanning skin products **must** be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.

INTRATREATMENT CARE

1. The skin is cleaned and shaved prior to treatment. The use of a topical anesthetic is optional.
2. When treating the upper lip, the teeth may be protected with moist white gauze. The gauze also serves to support the lip during treatment, allowing a surface to push against.
3. The DCD (cryogen cooling device), will be used with the laser to cool the skin during treatment.
4. Safety considerations are important during the laser procedure. Protective eyewear will be worn by the patient and all personnel in the treatment room during the procedure to reduce the chance of damage to the eye. In addition, your provider will take all necessary precautions to ensure your safety.

POSTTREATMENT CARE

1. Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle in the treatment site**,** which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment.
2. Your provider may use an optional cooling method after treatment to ensure your comfort.
3. A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired.
4. **Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).**

5. Use a sunblock (SPF 30+) at all times throughout the course of treatment. Medical grade sunscreens can be purchased at our office.
6. Avoid picking or scratching the treated skin. **Do not use** any other hair removal treatment products or similar treatments (**waxing, electrolysis or tweezing**) that will disturb the hair follicle in the treatment area for 4-6 weeks after the laser treatment is performed. Shaving may be used.
7. Anywhere from 5-14 days after the treatment, shedding of the treated hair may occur and this appears as new hair growth. This is **NOT** new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or Loofa sponge.
8. After the axillae (underarms) are treated, you may wish to use a powder instead of a deodorant for 24 hours after the treatment to reduce skin irritation.
9. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
10. Return to the office or call for an appointment at the first sign of the return of hair growth. This may be within 4-6 weeks for the upper body and possibly as long as 2-3 months for the lower body. Hair regrowth occurs at different rates on different areas of the body. New hair growth will not occur for AT LEAST three weeks after treatment.
11. Call us at 703-574-2588 with any questions or concerns you may have.