



Pre and Post Procedure Guidelines for Laser Hair Reduction

Pre Procedure:

Avoid the following 4 weeks prior to treatment

1. Sun exposure/Tanning Beds
2. Waxing and tweezing
3. Sunless tanner or spray tans

Discontinue 1 week prior to treatment

1. Oral antibiotics
2. Retin-A or Renova
3. Topical acne medications

» If you have a history of cold sores, you may start your prophylactic medication the day prior to the day of your laser treatment. Your laser technician will discuss treatment options with you.

Treatment day/What to expect:

- » Shave the area to be treated the day of treatment or the evening before treatment. If you have not shaved and wish to pursue treatment, a shaving fee will be added and due in full, after your appointment.
- » Slight discomfort or heated sensation when the laser is actually pulsed on the skin.

Post Procedure:

- » Avoid sun exposure to reduce the chance of skin color changes. If sun avoidance is impossible, use a SPF 30+ at all times throughout the course of treatment.
- » Clipping or shaving of the treatment area is permitted. Do not use any other hair removal methods on treated areas during the course of treatments.
- » Avoid aggressive scrubbing, rubbing or scratching of the area.
- » Do not pick or remove scabs or crusting.
- » If blistering occurs, allow to heal spontaneously. If healing is delayed, apply antibiotic ointment to the area twice a day until healed.
- » If you experience redness, swelling or general discomfort you can take an OTC pain reliever, Benadryl or other similar antihistamine.
- » A mild sunburn-like sensation is expected to last 2-24 hours, but may persist for up to 72 hours.
- » In some cases prolonged redness, crusting or blistering may occur.
- » Appearance of hair growth or stubble will be evident 7-30 days after treatment. This is not new growth.

Risks

- » Discoloration: hypopigmentation, hyperpigmentation, red/brown/purple spots. Discoloration is usually not permanent, and should subside before your next treatment.
- » Crusting of the skin. This should only last a few days. Do not pick or scratch the skin, as this can lead to permanent scarring.

Number of treatments and frequency:

- » It usually will take 5-8 consecutive treatments. For some individuals, more treatments are necessary.
- » Frequency of treatments is as follows: Face = 4 weeks apart Body = 6-8 weeks apart
- » It is recommended that you go on a maintenance program which may include a treatment 1 or 2 treatments per year. This will vary from person to person.