



## 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.