

# **Laser Hair Removal Pre / Post Care**

## **Before Your Treatment**

- You must shave the hair of the body part to be treated.
- Do not wax, pluck, or use depilatories during your series of laser hair reduction treatments.
- Avoid sun exposure for 1 to 2 weeks prior to treatment, and use SPF 30 daily to ensure coverage against UVB and UVA rays.
- Do not use self-tanning products for 1 to 2 weeks prior to and after your treatment.
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) or Hydroquinone at least 2 or 3 days prior to treatment.
- Many medications that cause sun sensitivity will also make you more sensitive to the laser. Please disclose any medications that you may be taking prior to treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex (or similar) no later than one day prior to your laser hair treatment.
- Notify your provider if you develop a cold sore, acne, or open lesion in the area to be treated or experience any type of illness prior to your treatment.
- Longevity of Botox and fillers any time within 6 months prior to face treatment may be affected. Botox injected within 2 weeks prior to treatment is not recommended.
- REMEMBER - Laser hair reduction is never 100%. Industry standard is 75 to 90% reduction. Not all hairs will be destroyed. Hormones can cause hair to grow back.

## **After Your Treatment**

- In general, your skin may be sensitive for several days following your laser hair removal. This is normal and expected.
- You may experience small red bumps around the hair follicle. Do not pick, rub, or scratch these until they have cleared.
- If your skin scabs or crusts, or you experience a burn, do not pick, rub, or scratch these areas. Doing so can result in infection, permanent pigment changes in your skin, or even scarring. Gently cleanse the area and apply hydrocortisone cream several times a day for one week. If the area is open, also apply a layer of antibiotic ointment over the hydrocortisone cream. Please contact us immediately if you experience any burns.
- Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment. If you need to be out in the sun, wear an SPF 30 at minimum.
- Avoid swimming, hot tubs, and saunas for several days following your treatment.
- It can take several weeks for the hair in the treated area to "fall out" (push up and out of the follicle). This time frame is normal.
- Do not expect your hair to "not grow back" after a single session. Laser hair removal is a process.
- Subsequent treatment sessions should be performed at 4 to 6 weeks if on the face and 6 to 8 weeks if on the body.
- Although rare, infection in the treated area is possible. Signs of infection may include fever, redness, and tenderness in the area treated. Should you develop any of these symptoms, antibiotics may be necessary. Please contact us if you have any concerns.

**Please call our office during normal business hours if you have ANY questions or concerns.**