

## LASER HAIR REMOVAL PRE AND POST TREATMENT

### Pre-Treatment Instructions

- Avoid sun exposure, tanning beds and tanning creams for 4-6 weeks before and after your treatment. Recent sun exposure may result in rescheduling of your treatment.
- Do not wax or pluck the area to be treated for 4-6 weeks before treatment
- The area to be treated should be shaved the day of or the day before treatment
- The area to be treated should be washed and free of makeup or any topical medications
- Accutane or similar should not be used within 6 months of treatment
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### Post-Treatment Instructions

- Always wear a sunscreen of SPF 30 or more
- Avoid sun exposure to the treated area for a minimum of 7 days following treatment
- A cold compress or ice pack can be used to provide comfort in the treated area
- The use of Vitamin E or Aloe Vera can be used to soothe the area
- While post treatment discomfort is typically minimal, an oral pain reliever can be used as needed
- If crusting of the skin occurs apply an antibiotic ointment twice a day - Do not pick at these areas-
- If the skin is broken or a blister appears, apply an antibiotic cream and contact the office immediately
- Do not use any other hair removal methods or products on the treated area during the course of hair removal treatment
- Subsequent treatments are best performed 4-6 weeks apart in a series of 4-6 treatments

### What to Expect

- Redness normally occurs after treatment, this may last for 1-2 days
- A sensation similar to a sunburn may last up to 24 hours
- Post treatment discomfort is typically minimal
- Hair will appear to grow and then fall out in as little as a few days and up to four weeks following treatment