

## LASER HAIR REMOVAL PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

### PRE-PROCEDURE INSTRUCTIONS

- Skin should be cleaned and shaven prior to every treatment. The use of a topical anesthetic is optional, although rarely necessary.
- Avoid the sun for at least 2 weeks before treatment. Epidermal melanocytes compete with melanin in the hair.
- Your provider may ask you to stop any topical medications or skin products 3-5 days prior to treatment.
- You MUST avoid bleaching, plucking or waxing hairs for 2-3 weeks prior to treatment. The melanin containing hair must be present in the follicle as it is the "target" for the laser light.
- If you have had a history of perioral or genital herpes, your provider may recommend prophylactic antiviral therapy.
- Follow the directions for your particular antiviral medication.
- **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypo- or hyperpigmentation (light or dark spots) after treatment and this may not clear for 2-3 months or longer.
- The use of self-tanning skin products must be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.

### Day of Treatment Instructions

- The DCD (cryogen cooling device), will be used with the laser to cool the skin during treatment.
- Safety considerations are important during the laser procedure. You will wear protective eyewear 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.

### POST-PROCEDURE INSTRUCTIONS

- 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.
- A topical soothing skin care product such as aloe vera gel may be applied following treatment.
- Makeup may be used immediately after the treatment as long as the skin is not irritated.
- Your skin will be more sensitive to sunlight for the next 2 weeks so be sure to use sunblock every day.
- Use a sunblock (SPF 30+) at all times throughout the course of treatment.
- Avoid exercise, saunas, hot tubs or any activity that will hold heat into the area treated for 24 hours.
- 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 is the preferred method.
- Anywhere from 10-21 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 Loofah sponge.
- 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.
- There are no restrictions on bathing except to treat the skin gently for the first 24 hours.
- 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.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 5** to be connected to our answering service. **For a true medical emergency, call 911.**