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LASER HAIR REMOVAL INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS:

- Avoid waxing, tweezing, electrolysis and bleaching hairs for ten (10) days immediately before your treatment. If you are waxing, we recommend that you discontinue while you are undergoing laser hair removal treatments. If you absolutely need to wax for a special event and cannot wait for the hair to fall out, then please do so within 3 days after your laser treatment.
- Refrain completely from sunbathing for a minimum of two weeks before and one week after. Darkly pigmented skin may absorb a portion of the energy that should be striking the hair follicle, which will impact the desired results. If you should be exposed to strong sunlight for any length of time during your treatment schedule, wear a sun block of SPF 30 or greater to protect the treatment area from exposure to the sun.
- Keep in mind that overly dry skin may diminish the efficiency of laser treatments. Please keep the area to be treated and surrounding areas moisturized at all times. However, on the day of treatment, DO NOT use moisturizers or apply oil of any kind to any area that will be treated.
- If your upper lip or chin is being treated, you may need an anti-viral therapy (Valtrex) if you are susceptible to herpes cold sore infections. Start one day before your treatment and continue for a total of 7 days.
- Shave the area the morning of your treatment except on your first visit. We will need to see the hair prior to your first treatment.

DURING THE PROCEDURE:

- You will feel some stinging and burning during the procedure. This is mild and usually tolerable. Sometimes we use topical anesthesia especially on the upper lip. Wet gauze will be used to cover your upper teeth during hair removal of the upper lip.
- To protect your eyes from the laser it is necessary to wear protective eyewear while being treated. We provide the eyewear.

POST-TREATMENT INSTRUCTIONS:

- Immediately after treatment there may be some redness and swelling at the treatment site. This may last for several hours or days.
- No special skin care is usually necessary. For itching or discomfort apply Hydrocortisone 1% cream over the area as often as desired. Bathe normally patting the area dry. DO NOT rub. Tylenol and cold compresses may also be used if desired. If blistering or crusting should occur, apply an antibiotic ointment and let it heal naturally. Do NOT PICK the area.
- Avoid sun exposure and use at least a SPF 30 protection for one week post treatment.
- Makeup may be used immediately after the treatment. Use new makeup to avoid infection.
- Shedding of the treated hair “roots” may occur 7-14 days after treatment. This is not new hair growth. These hairs can be removed by wiping with a wet cloth.
- Schedule your next appointment when you begin to see hair growth again. This may occur within 6-8 weeks.
- Usually 3 treatments are required to permanently remove most of the hairs. Remaining hairs should become finer and lighter after treatment.