

Laser Hair Removal Pre & Post Instructions

Laser treatment is one method of removing unwanted hair. Results may vary with each individual. On average, patients require between 6-10 treatments for best results. The duration of hair growth cycles varies as to the body location being treated. Treatment sessions are usually spaced every 6 weeks. It is not recommended to re-treat any area sooner than 4 weeks.

Laser hair removal only works on hair that has pigment; therefore patients with gray, blonde or white hair are not ideal candidates for this treatment. Laser hair removal works best on fair skinned patients with dark hair.

Strict adherence to pre and post treatment instructions is required in order to obtain positive and safe results. After reviewing the listed information if you have any additional questions, these should be addressed prior to receiving treatment.

Pre-Treatment Recommendations

- Laser treatments are not safe to perform on tanned skin. Avoid direct sun exposure for 2 weeks before and 2 weeks after your treatment. If you will be outside, we recommend SPF of 30 or higher. Tanned skin may increase your risk of hyper-pigmentation or hypo-pigmentation.
- Self-tanning lotions, including gradual moisturizers, should be avoided for a minimum of 10 days prior to your appointment and must be completely faded from your skin to avoid risks of burns.
- Avoid tweezing, plucking, threading, and waxing the treatment area for at least 2 weeks prior to your procedure.
- Please shave 24-48 hours prior to your procedure. The hair should be visible at the skin level so that the aesthetician can assess your progress. Avoid shaving the area after a treatment for a minimum of 24 hours or until the irritation resolves.
- When treating the underarms, deodorant/anti-perspirants should be avoided the day of the treatment and for 24 hours post treatment.

Post-Treatment Recommendations

- You can expect the treatment area to be pink and slightly swollen. Side effects are minimal; however you may experience redness, swelling, blistering, hyper-pigmentation or hypo-pigmentation and purpura (a purple bruise). This can last anywhere from 30 minutes to 3 days depending on the density of hair and individual patient.
- Avoid activities that may irritate the skin including working out, hot showers/tubs, saunas, etc for 24 hours.
- You may apply hydrocortisone cream to help with treatment site irritation.
- Treated hairs will naturally shed from the hair follicle within 7-14 days. A gentle exfoliation will help release the hairs. As your treatment progresses, the hairs may take longer to shed.

Laser Hair Removal treatments are not recommended for patients with the following:

- Patients who are pregnant, nursing or trying to become pregnant
- Patients with HPV or warts present in the treatment area.
- Patients with a history of herpes simplex virus are advised to take an anti-viral for at least 3 days before and 3 days after treatment to reduce the risk of an outbreak.

Please contact the office if you experience any blistering or scabbing or have any questions concerning your treatment.