



## Laser Hair Removal Pre/Post Care

### Pre-Care Tips To Follow For Your Laser Appointment:

*Follow this guideline BEFORE each treatment*

#### **SHAVING**

- Please shave the area desired for treatment 1 day before with the grain (in the direction your hair naturally grows).
- For bikini laser hair removal, do not shave the areas you would like hair to remain.
- No waxing, tweezing, or threading at least 1 week prior to laser treatment (only shaving with the grain).

#### **SUN EXPOSURE**

- The area being treated cannot be exposed to the sun.
- For 1064-nm wavelength treatments, avoid sun exposure for 1 week prior, during, and 1 week after treatment.
- For 755-nm wavelength treatment, avoid sun exposure for at least 4 weeks prior, during, and at least 1 week after treatment.
- If you are unsure of your wavelength category, please avoid the sun for 4 weeks. One of our clinicians will execute a thorough examination of your skin type and provide you with your wavelength category for future reference.
- A broad-spectrum (UVA/UVB) sun block of SPF 30 or higher should be applied whenever exposed to the sun.

#### **EXTERNAL TREATMENTS**

- No harsh chemical peels, chemical exfoliants, or harsh physical exfoliants on the area 1 week before treatment.



- Avoid fillers (natural & synthetic) including hyaluronic acid, Juvederm, collagen etc.. 4 to 6 weeks prior to receiving treatment.
- No tanning beds, lotions or self tanning 2 weeks prior to laser treatment.
- No lotions, creams, makeup, deodorant, perfumes, body spray, or serums before you attend your laser treatment. Ensure the area is clean for treatment.

### **MEDICATION**

- Accutane should be discontinued 1 month before treatment.
- Blood thinning medications & topicals (ex, Retinol) should be discontinued 1 week before laser treatment.

### **PREGNANCY & MENSTRUATION**

- If the patient is pregnant, or planning to become pregnant within the next 2 months, please avoid any form of laser therapy for yourself and your baby's well being.
- Bikini & Brazilian treatments will not be performed on patients during menstruation.

### **Expectations Following Treatment:**

Immediately following treatment, the area may show a slight erythema with some swelling of each hair follicle. **This is completely normal**, and may last up to 2 hours. The area treated may feel sunburnt for a few hours after laser treatment. Aloe vera gel may be used to soothe the area.

### **Post-Care Instructions:**

*Follow this guideline AFTER each treatment*

- Avoid sun exposure to the area to reduce the chances of adapting hyperpigmentation.
- Use a broad-spectrum (UVA/UVB) sun block of SPF 30 or higher whenever exposed to the sun.



- Do not pick or scratch the treated area. Do not attempt to eliminate hair in between treatments to leave the hair follicle undisturbed (only shave with the grain if absolutely necessary).
- Hair shedding may occur between 3-14 days after laser treatment. This is not new hair growth. This is the lasered hair falling out, as the hair follicle was targeted. You may use a wet cloth or loofah to gently cleanse and wipe the area.
- After underarm treatments, powder may be substituted for deodorant for 24 hours to reduce irritation, if you wish.
- Bathing is not restricted, but please try to treat the area gently (as if sunburnt).
- You may resume the use of lotions, creams, deodorants, perfumes, and serums 8 hours after treatment.
- Makeup may be worn 30 minutes after treatment, if there is no swelling or irritation occurring.
- The area may scab, crust, bruise, or break out in a rash. Please note that all of these symptoms are normal as a high volume of heat is being applied to the skin barrier.
- You may take over the counter pain medication if necessary.
- You may use a soothing ointment such as aloe vera gel to calm the treated area.
- You may use arnica gel for possible bruising. Patients with allergies to aloe vera and/or arnica gel may use pure vitamin E and/or vitamin K.

Please ensure this guideline is carefully followed for optimal results. For any questions or uncertainties, please do not hesitate to contact our office for immediate assistance.

Thank you and we look forward to seeing you!

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