



Laser Hair Removal Instructions

Pre-Laser Instructions:

- Closely shave the treatment area as near to your appointment time as possible. If doing bikini line, shave it in the pattern you want lasered.
- Stop the use of creams with skin-shedding properties for 5 days prior to appointment (Retin-A, Renova, glycolic acid, alpha hydroxy acids).
- Avoid tweezing, bleaching, waxing, or Nair-like products for 6 weeks before your appointment.
- **Newly tanned skin CANNOT be treated.** You need to either wait for your tan to fade, or ask your provider if switching to a different laser is an option for you. The most critical thing is to LET US KNOW if you've had sun exposure or if your skin is a different color than it was at previous treatments. Lasering too close to sun exposure can result in burns, increased pain, and long-lasting pigment changes. Tanning creams/sprays are fine but must be discontinued one week before treatment.
- Have skin clear of any products right before your appointment. Let us know if you need a makeup removal wipe.
- If you have a history of herpes or cold sores in the areas to be treated, please obtain a prescription for antiviral therapy to start the day prior to treatment. Your primary care provider or our medical provider can provide you with the prescription after a consultation if needed.

Post-Laser Instructions:

- Your skin will be pink and angry for minutes to days. You can use anything that would soothe a sunburn if desired. Avoid things that would sting a sunburn while your skin is inflamed.
 - **CRITICAL:** don't get ANY sun exposure while skin is irritated in any way. You could end up with pigmentation changes that last for months.
 - For 1-3 weeks the dead hairs will be working their way out of the follicle, almost like slow growth. You can shave, exfoliate, or ignore these until they fall out.
 - At the 3 week mark, when dead hair should be done shedding, see if there is active growth in the treated area. If there is no change in hair amount, it means you need to be re-treated on a higher setting. Contact us and let us know this is happening. We would rather re-treat an area because we were too cautious, than to risk you having complications from doing a treatment with settings that are too aggressive. If there are just small areas of growth, pay attention to the location and color of those hairs to discuss at your next appointment. Watching for this three week no-growth phase is **VERY** important in determining the right setting to safely get the best results.
 - Prior to your next appointment, make sure the next wave of hair growth has arrived. A treatment done too early won't be as beneficial. If you have minimal growth, contact us to reschedule your appointment to a later date.
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- You **MUST** protect your skin from sun exposure for 2-3 weeks after a hair removal treatment series to decrease the risk of pigmentation changes. **Wear sunscreen with SPF 30 or above, and a hat, with frequent reapplication.** Ideally you should do this forever, of course.