



## **INSTRUCTIONS AND AFTERCARE FOR LASER HAIR REMOVAL**

**Aftercare:** Because treated follicles have been heated, the area may feel slightly sensitive (similar to mild sunburn) from a few minutes to a day or more depending on your skin sensitivity level, hair thickness and hair color. A soothing application (i.e. Aloe Vera, Aquaphor Healing Ointment, Biafine) and/or cool compress or ice pack (over a thin towel) may be applied until the sensation, and any redness and/or swelling subsides. Avoid hot water for 24–48 hours. Occasionally, crusts may form in some spots. Do not pick at anything; it will heal in a week or so. Any crusted areas should be kept extremely moist with a non-irritating moisturizer until healed.

**Treatment schedule:** For optimal results, multiple treatments are necessary. The number will vary depending on skin, hair type and hair color, and hormonal vs. non-hormonal areas. Treatment schedule varies between 3 and 12 weeks, depending on the body area, treatment number and prior hair removal methods. Results may be more noticeable after the second or third treatment.

**Shedding:** You will notice hair resurfacing from a few days to a few weeks after treatment. Gently exfoliating the area with a loofah sponge or rough washcloth will help to lift the dead hair out of the follicles. You may also apply tape to the treated area and gently peel it off. Do not pull out hairs that are still connected. They are going through a “dying off” process and may need extra time. You may start either of these methods in a few days to a week or so, as long as the skin has returned to its original condition.

**Shaving:** You may shave between treatments to keep a clean look if desired. Do not wax or tweeze the new layer of hair when it starts growing in, as it needs to be in the follicle for the next treatment.

**PRE-TREATMENT INSTRUCTIONS:** Please shave any area of the body to be treated either the morning of, or the night before (with the exception of the face). No waxing, threading, or tweezing. Depilatory creams may be used 3 days prior to treatment.

### **PRECAUTIONS:**

**Itching:** Do not scratch or pick any area that itches or shows signs of healing. We recommend hydrocortisone for itching. (Gold Bond Anti-Itch works well.) As well as Aloe 1- 3 times daily

**Burning:** Make sure to call and let us know if the skin has blistered or has a superficial burn. Scarring or burning occurs in less than 1% of treatment population (and almost always on the darker or tanned skin).

**Sun Protection:** It is important to protect the skin from sun exposure. Wear protective clothing and sun block, either SPF 30+ daily; or SPF 50+ daily when in the sun for more than a few minutes, and be sure to reapply throughout the day. Unprotected sun exposure before, after or between treatments could cause or worsen discoloration (hypo- or hyper-pigmentation), especially during the first two weeks after each treatment. One should not undergo laser treatment if taking any sun-sensitizing medications or if tan (**from sun, tanning beds or spray tans**) in the area(s) to be treated.

**Accutane/ Alpha Hydroxy/ Retin-A:** One must wait 1 year after Accutane treatment ends before beginning laser hair removal or skin rejuvenation treatment. Do ***not*** use Retin-A\* or Alpha-Hydroxy for a ***minimum*** of 1 week to 1 month before treatment.

**Pregnancy:** Please let us know if you are pregnant or planning a pregnancy. Pregnant women should not undergo laser hair removal; however, breast feeding during treatment is not an issue as long as you are not lasering on the breast tissue.

***Please let us know of any changes in your health, medication or sun exposure between treatments; especially the use of sun-sensitizing medications or the possibility of pregnancy or actual pregnancy.***

