



# PRE AND POST TREATMENT INSTRUCTIONS

## LASER HAIR REMOVAL (LHR)

### PRE-TREATMENT

- ❖ Avoid direct sun and all forms of tanning (including self-tanner or spray tans) on the treatment area for 2 weeks before and after each LHR treatment. This is very important. Please plan accordingly.
- ❖ When booking your LHR treatment, please keep in mind the possibility of redness/blotchiness in the area after treatment. These normal side effects are usually mild and can appear immediately after treatment and take anywhere from 1-3 days to resolve.
- ❖ Discontinue Retin-A, Glycolics, Alpha or Beta Hydroxy Acids, and exfoliants for one week prior to each treatment. Discontinue Accutane (and any isotretinoin products) for 12 months prior.
- ❖ If your face will be treated and you have a history of facial cold sores, please notify us in advance so that we may provide you with a prescription for antiviral medication to start before your treatment. The LHR treatment cannot be performed on/near an active cold sore.
- ❖ A series of treatments is required to achieve desired results and it is important that the treatments are performed on a set schedule (either 4 or 6 weeks apart depending on the area of the body being treated). Make sure you will be able to comply with the treatment plan/schedule before you begin. If you must miss one of your treatments in the series, that treatment may be skipped and added to the end of the series. If you miss more than one of your treatments, it may be necessary for you to begin the series again from the beginning to ensure good results.
- ❖ Discontinue all waxing, plucking, tweezing, and depilatories for 2 weeks prior to starting your Laser Hair Removal treatment series. This allows the hair to grow into the area to provide the necessary target for the Laser, which is required for the process to work. If there is no hair present in the area, the Laser has nothing to target and results will not be achieved. It is OK to shave the hair during this time.
- ❖ Please come to your appointment with a clean shave in the area to be treated. It is best to shave the night before (not the morning of) so that the skin is not irritated at the time of treatment.
- ❖ It is important to wait at least 2 weeks after an LHR treatment before getting other treatments on the same area. When getting an LHR treatment *after* other treatments, it is important that the area to be treated is not swollen, irritated, peeling, or bruised at the time of the LHR treatment.

### TREATMENT DAY

- ❖ Please come to your appointment with clean skin – remove all makeup, creams and lotions – and a clean shave in the area.
- ❖ Please dress so that you may comfortably and modestly expose the treatment area, when applicable (i.e. bikini, legs, underarms).

CONTINUED ON BACK

## POST TREATMENT

- ❖ If antiviral medication was prescribed for you, please make sure to continue to take as directed.
- ❖ You may have a mild sunburn-like sensation following the treatment that is usually gone within a few hours. Mild swelling and skin redness is common and normally lasts for 3-4 days.
- ❖ A cold compress or an ice pack can be used to provide comfort and minimize swelling. This is typically only needed within the first 12-24 hours of the treatment.
- ❖ Your skin will be fragile for 2-3 days. Avoid using exfoliants, retinols, alpha or beta hydroxy acids, or topical Vitamin C products for one week. Do not use any mechanical devices or washcloths to wash your face. Only wash your face with your hands for one week. Treated areas may be temperature sensitive. Cool water instead of warm/hot will offer some relief.
- ❖ Avoid direct sun exposure for at least 2 weeks post treatment and wear a large brimmed hat (when facial areas are treated) or clothing to cover the area plus minimum 50 SPF whenever going outside for at least 2 weeks. This is important to minimize chances of hyperpigmentation and scarring.
- ❖ No strenuous exercise for 48 hours post treatment. For 1 week, avoid exposing the treated skin to hot water, steam/steam rooms, chlorinated pools, the ocean, hot tubs, saunas, and any activities that expose the skin to potentially unclean environments and/or produce excessive perspiration.
- ❖ Please schedule your follow-up appointment 90 days after your final LHR treatment to assess results and determine whether additional treatments are needed.

If you have any questions or concerns, please do not hesitate to contact our office at  
**727.518.7100**