

## PRE & POST CARE FOR LASER HAIR REDUCTION

### Before Laser Treatment:

- Avoid the sun for 4-6 weeks before/after treatment. Use sunscreen daily.
- The use of tanning creams, tanning beds or bronzers must be discontinued before and during treatments.
- Avoid any irritants to your face, such as any products containing Retin-A, Retinol, Benzoyl Peroxide, Glycolic/Salicylic acid or astringents for at least 2 days prior.
- Do not get electrolysis, pluck, sugar, or wax for at least 4-6 weeks prior to treatment.
- Do not bleach or use "Nair"-type products for 2 weeks prior to treatment as this can irritate the skin.
- If you have a history of herpes, prophylactic antiviral therapy must be started the day before treatment and continued 1 week after treatment.
- Come in for pre-treatment photos unshaven prior to your first treatment. You should shave prior to your treatment appointment.
- If possible, please do not wear makeup prior to your facial laser hair removal treatment.
- Try not to schedule your appointment right before or during your period. Treatment tends to be more uncomfortable during this time.

### After Laser Treatment:

- Immediately after treatment there may be erythema (redness) and edema (swelling) at the treatment site. This usually lasts 2 hours or longer. The erythema may last up to 10 days. The treatment area may feel like a sunburn for a few hours after treatment, but it will subside.
- Apply ice as needed in 20 minute increments.
- Hydrocortisone may be used 3-5 days post treatment to ease itching and/or swelling.
- No heat, such as saunas, steam rooms, hot tubs, extremely hot showers or strenuous activities. No prolonged heat for a minimum of 48 hours post-treatment.
- Avoid sun exposure to avoid hyperpigmentation or hypopigmentation.
- Use sunscreen for the entire treatment period.
- Avoid picking or scratching the treated area. Please do not use any hair removal products or treatments (electrolysis, plucking, waxing, sugaring). Those will disturb the hair follicle. Shaving is permitted.
- Avoid any irritants to your face, such as any products containing Retin-A, Retinol, Benzoyl Peroxide, Glycolic/Salicylic acid or astringents for at least 2 days.
- The laser destroys only hair roots that are in the active growth phase. For best results, the procedure must be repeated in 4-8 weeks, depending on the area treated. The number of treatments needed depends on the amount and character of the hair.
- Some hairs are expelled during the treatment, while others will release from the body in 1-3 weeks.
- Treat your skin gently for at least 24 hours after your treatment.