



LASER HAIR REMOVAL TREATMENT:

BEFORE YOUR APPOINTMENT

- **It is imperative that you avoid sun exposure and tanning beds for at least 4 weeks prior to your treatment.** This is a must and no exceptions will be made.
- Tanning creams (self-tanner) should be avoided for at least 2 weeks.
- Inform the doctor/technician if have taken Accutane (oral acne medication) in the past year.
- Do not tweeze, wax or epilate the area being treated for approximately 4 weeks prior to treatment.
- The night before treatment thoroughly shave all areas to be treated; skin must be clean and free of all hair.

THE DAY OF YOUR APPOINTMENT

- If possible, arrive without creams or make-up on the treatment area. If topical numbing cream will be applied, please arrive 15-30 minutes early. Cleansing products are available for your convenience.
- Allow 20 minutes to 1 hour for your appointment depending on the size of the treatment area.
- Just prior to treatment, you will be given eye shields to wear to protect your eyes.

WHAT TO DO AFTER YOUR TREATMENT

- Shortly after treatment, the treated areas may appear as swollen red bumps. Cold compresses will be provided; you may continue to apply these compresses for your comfort over the next 24 hours. We recommend 5-10 minute applications. Treated areas may stay red for several days though swelling will dissipate within a few hours.
- **Treated hairs will appear as small black dots, stubble or as if still growing. You will naturally expel these treated hairs over the next 10-14 days.**
- Avoid irritating the treated area with aggressive exfoliation, such as with a bath puff or scrub. Do not pick at or pluck/tweeze these residual hairs. You may shave these hairs.
- Treated areas should either be kept out of direct sun light. **Sun protection is imperative after any skin laser treatment.**
- Use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater for 4-6 weeks after your treatment. We recommend the **Obagi Sun Shield Matte** or **Epionce Ultra Shield Lotion**.

WHAT TO EXPECT

- Between treatments you may continue to remove hair by shaving only.
- Average number of treatments is 4-6 treatments when the treatment schedule is adhered to.
- Treatments are scheduled 4-8 weeks apart, depending on the body part being treated.
- Avoid harsh topical products such as retinols and glycolic acid products for one week after.
- Blistering and crusting are rare; however, if these do occur a thin layer of over-the-counter antibiotic ointment such as Polysporin can be applied 2-3 times a day for 3 days. Please call us if you experience either of these uncommon reactions.

For any questions or concerns, please call EFC Medspa at (281) 560-3955. In the event of a medical emergency, immediately go to the nearest hospital and/or ER or dial 911.