

WEST HILLS DERMATOLOGY GROUP

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Undergoing laser hair removal is the only way to permanently reduce or eliminate hair growth. Excessive hair growth in unwanted areas can be due to genetics or medical conditions. Laser hair removal is commonly used to remove unwanted hair on the face, neck, armpits, chest, back, genital area, arms, legs, fingers, toes and feet. Prior to a laser treatment, you should have a consultation with a dermatologist to learn about the process, the side effects and whether you are a good candidate for the procedure, based on hair color, skin tone and hair characteristics.

Laser Hair Removal-Pre Treatment

Avoid tanning and using sunless tanners for at least a month to prepare for laser hair removal. The skin should be as light as possible at the time of treatment. For this reason, many people choose to undergo laser treatment during winter.

Apply sunscreen with at least an SPF 30+ if you do need to spend time outdoors, and the area you wish to have hair removed by laser will be exposed to UVA/UVB rays.

Refrain from plucking or waxing for at least 4-6 weeks prior to undergoing laser hair removal. Shaving is fine, but these other hair removal techniques can reduce the effectiveness of the laser treatment. Also, the hair should not be bleached.

Shave the area that will be treated one day before the appointment. The hair follicles should be visible, but it can be more painful if longer hair is present during the laser hair removal.

Take oral antiviral medication or oral antibiotics if prescribed by your doctor.

Clean the skin at the treatment site and leave it free of cosmetics, lotions and creams. If you apply deodorant, it will be removed prior to treatment.

== Warnings ==

*It is important to follow the laser hair removal pretreatment instructions precisely to ensure maximum effectiveness of the treatment and to minimize discomfort during the procedure.

*Complete hair removal on an area of the body is not likely in a single treatment. Hair growth occurs in stages, and laser hair removal only works on hair that is in the active growth stage. Hair reduction of 10-

25 percent per treatment is a realistic expectation.