

LASER HAIR REMOVAL PRE & POST TREATMENT MEASURES

PRE TREATMENT MEASURES

1. The area being treated cannot be exposed (unprotected) to the sun including tanning beds. Even slight exposure (less than 20 minutes) can increase chances of superficial blistering. Use a broad spectrum (UVA/UVB) sunscreen of SPF 30 or greater whenever skin is exposed to the sun.
2. Avoid any other method of hair removal other than shaving or trimming with facial scissors (ie: tweezing, waxing, sugaring, electrolysis, threading, bleaching), as the laser needs a target in order to be effective. Depilatory creams may occasionally be advised depending on your skin and hair type.
3. Shave the area five-days before treatment.
4. For hair on the face, please remove all make-up prior to the treatment.
5. Darker skinned patients may use Hydroquinone (Ultraquin) for 6 weeks prior to treatment, and should continue to use it for the duration of the treatments, to decrease the incidence of hyper-pigmentation (darkening of the skin) from the laser.

POST TREATMENT MEASURES

1. After your treatment your skin is going to appear slightly reddened and feel sun burnt. It may also appear to have what looks like goose bumps to the area. This will last for approximately 1-2 hours, in some instances up to 48 hours depending on skin sensitivity. If the area is irritated you may use aloe gel to treat at home and or benadryl which can be obtained over the counter.
2. Immediately following your treatment your hairs do not fall out right away, it can take anywhere from 10-14 days. Do not pull with a tweezer. The hairs will release when they are ready.
3. Do not be aggressive when cleansing, gently pat dry and do not rub.
4. If swelling occurs you may ice the area at home every 1-2 hours or take a Tylenol to bring down the inflammation.
5. Avoid any harsh or irritating topicals in the treatment area (alpha hydroxy acids, acne creams anti wrinkle creams etc).
6. Avoid internal and external heat sources, as this may stimulate melanocytes, leading to hyper pigmentation (hot baths, saunas, and whirlpool etc).
7. Although we encourage you to resume normal activities almost immediately, we do ask that you refrain from vigorous activities and exercise for 24-48 hours after treatment.
8. If you should happen to crust or blister, **DO NOT PICK!** You may use Polysporin or Bacitracin on the area.

REMINDERS

- A "re-growth or stubble" may appear in 1-3 weeks. This is not new hair, but represents the old hair being expelled from the follicle. This hair falls away from the skin with easy friction (with a wash cloth or puff in the shower).
- After the first three treatments, which are done 6-8 weeks apart depending on the treatment area, subsequent treatments are done if and when re-growth appears. The effects of further treatments are cumulative, with an average of 4-6 treatments for body areas and 4-8 treatments for facial hair.
- Hair growth is also effected by factors such as age, ethnic background, sex, and body type, hormones, and medical conditions.