

Laser Hair Removal Patient Instructions

1. Avoid the sun 4-6 weeks before and after treatment until your healthcare provider allows it. Epidermal melanocytes compete with melanin in the hair.
2. Please stop any topical medications or skin care products 3-5 days prior to treatment.
3. You **MUST** avoid bleaching, plucking, or waxing hair for 4-6 weeks prior to treatment. The melanin-containing hair must be present in the follicle as it is the “target” for the laser light.
4. If you have had a history of perioral or genital herpes simplex virus, we recommend prophylactic antiviral therapy. Follow directions for your particular antiviral medication.
5. If you have a tan or have a darker skin type, a bleaching regimen may be started 4-6 weeks before treatment.
6. Recently **TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentation (white spots) after treatment and this may not clear for 2-3 months or longer.
7. The use of **SELF-TANNING** skin products **MUST** be discontinued 1 week before treatment. Any residual self-tanner should be removed prior to treatment.

Posttreatment Care

1. Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle in the treatment site, which may last up to 2 hours. The erythema may last up to 2-3 days. The treatment area will feel like sunburn for a few hours after treatment.
2. A topical soothing skin care product such as aloe vera gel may be applied after treatment.
3. Makeup may be used immediately after treatment as long as the skin is not irritated.
4. **AVOID** sun exposure to reduce the chance of hyperpigmentation(darker pigmentation)
5. Avoid picking or scratching the treated skin. Do not use any other hair follicle in the treatment area for 4-6 weeks after the laser treatment. Shaving is the preferred method.
6. Anywhere from 10-21 days after treatment, shedding of the treated hair may occur and this appears as new hair growth. This is **NOT** new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or Loofa sponge.
7. After the axillae (underarms) are treated, you may wish to use a powder instead of a deodorant for 24 hours after the treatment to reduce skin irritation.
8. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24hours week for the upper body and possibly as long as 2-3 months for the lower body. Hair regrowth occurs at different rates on different

areas of the body. New hair growth will not occur for AT LEAST three weeks after treatment.

9. Call the office if you have any concerns or questions.