



Pre and Post Treatment Instructions

Laser Hair Removal

For your safety and in order to obtain optimum results, the instructions below should be followed

- How to Prepare for your Hair Removal Treatment:

- o ABSOLUTELY avoid any sunburn or suntan for at least **2 weeks** prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 2 WEEKS BEFORE AND AFTER TREATMENTS.
- o Do not use any self-tanning lotions, spray tanning or oral tanning supplements in the **month** prior to treatment.
- o Stop using retinol for 3 days prior to treatment (if treating the face).
- o Let your provider know if you have taken Accutane in the last 6 months or if you are on any antibiotics.
- o Not recommended for patients with history of epilepsy or seizures.
- o Please arrive at your appointment make-up free. Your morning skincare routine and sunscreen is advised (if treating the face)
- o Do not shave for 2-4 days prior to treatment.

- What to Expect After Laser Hair Removal:

- o A mild sunburn-like sensation is expected. This usually lasts a few hours, but can last up to 72 hours. Mild swelling and/or redness around the hair follicles are usually noted within a few minutes and typically resolve completely within 24 - 48 hours. Applying an ice pack for the first 24 hours will help to minimize swelling.
- o Makeup and most skincare may be resumed immediately after the treatment.
 - ◆ Avoid any exfoliant creams or cleansers for 1-2 weeks.
 - ◆ Avoid retinol or glycolic/salicylic acid for 1-2 weeks.
 - ◆ Avoid shaving until sensitivity has completely subsided.
- o Sunscreen (minimum SPF 30) should be used daily and reapplied every 2 hours to be effective. We offer safe, post-laser sunscreen. Ask the staff!
- o If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
- o Hair may take **up to 4 weeks**, or in some cases, as little as a few days, to fall out following treatment. Do not be alarmed if hair appears to be "growing" during this time.
- o Subsequent treatments are based upon your clinician's recommendation and are typically between 4 to 8 weeks apart. We recommend a total of 8 treatments for permanent hair **reduction**. Maintenance treatments are then recommended every 3 to 6 months.

I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.

Patient Signature

Witness Signature

Date