

PRE/POST TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS

- Waxing, plucking, threading, or any epilation method that pulls out the entire hair shaft must be avoided at all times and at least 4 weeks before, during, and after any laser hair removal treatments.
- Avoid any direct sun exposure to the area of skin that will be treated for 2-4 weeks. Avoid tanning beds, self-tanning creams, and spray tans. For daily activities, wear sunscreen SPF 30+ or greater.
- We cannot treat anyone with a sunburn or fresh tan.
- We recommend that you do not use retinoids, such as Retin-A, tretinoin, retinol, retinaldehyde, or adapalene 2 weeks prior to treatment. You may resume the use of retinoids two weeks after your laser treatment unless your skin is irritated from the laser. In that case, we recommend waiting until your skin returns to normal following laser treatment.

24 hours prior to your appointment:

- Shave the area to be treated. Results are optimal when the treatment area was shaved one day before the appointment.
- Do not expose the skin to any elevated temperatures from hot tubs or saunas.
- If you have a history of cold sores, you should take a prophylactic antiviral therapy medication prescribed by your practitioner for 3 days: the day before your treatment, the day of your treatment and a day after your treatment to reduce the chance of a breakout.
- The same recommendation applies to genital herpes simplex virus.

The day of your appointment:

- Do not wear make-up or deodorant on the area to be treated.
- Patients undergoing bikini line hair removal should wear a narrow-cut underwear or swimsuit.
- If the area we are treating requires disrobing, you will be given a gown. In general, most patients are able to keep some or all of their clothes on during the procedure.

POST-TREATMENT INSTRUCTIONS

Avoid the sun for at least 2 weeks and after that, use sunblock with SPF30 or greater with zinc oxide or titanium dioxide.

Immediately following treatment:

- The treated area will feel like a sunburn for a few hours following treatment.
- There should be swelling of each hair follicle in the treatment area which will normally last up to 2 hours, and redness in the treatment area for up to 2-3 days. No creams necessary, do not use Hydrocortisone.

The first 24 hours after treatment:

- Makeup: It is best to wait to apply makeup until the morning after your treatment.
- No Sun: Treatment site CAN NOT HAVE SUN EXPOSURE or a self-tanning lotion.
- No Hot Water: Do not submerge treatment site in water, especially hot water, i.e. no swimming, bathtub, hot tubs, etc.
- Rest: Avoid activity that makes you sweat or overheat.
- For Underarm Treatment: Do not wear antiperspirant until the morning after treatment. Deodorant without antiperspirant is advised.

After the first 24 hours:

- Clean: When showering gently hand wash the treatment site with mild soap and lukewarm water, rinse thoroughly, and pat dry.
- Sun: Continue to avoid any direct sun exposure to the treatment area for at least 2 weeks after treatment. After that 2-week period, sunscreen SPF 30 or greater must be worn at all times.
- Shedding: Around two weeks following treatment the hairs on the treated area will begin to shed. During this phase, hair on the treated area will appear to be growing, but what you are actually seeing are hairs that are disconnecting from your skin because they are no longer connected to a root. Once the shedding phase is complete (around 3 weeks following treatment) you will experience a hair-free period that will last around a month.