



**If you have any questions or concerns, please call our offices at 703-941-9552.**

## **Instructions for Laser/ Light Hair Removal Treatments**

### ***Before your treatment...***

- Shave area to be treated the morning of the IPL treatment. Hair should be shaved cleanly. No waxing, tweezing or depilatories one month prior to treatment. Shaving the hair will manage hair between treatments.
- If patient has a history of Herpes, prophylactic medications may be prescribed one week prior to treatment.
- Do not tan or use self-tanning products as they may cause adverse effects. Stay away from aspirin or Aleve, ibuprofen, Advil or Motrin and Vit E one week before a treatment.
- Wear loose fitting clothing that allows comfort and modesty to the area to be treated.
- Please remove all jewelry.
- No restrictions in normal daily activities following a hair laser treatment.

### ***After your treatment ... (follow for one week after your treatment)***

- Wash treated area gently with soap and water.
- Apply an Aloe Vera Gel twice daily to treated area.
- Take Tylenol per packaging directions as needed for discomfort.
- No shaving over treated area as long as area is red and or swollen. Hair may remain for up to two weeks following your treatment. You may use a Loofa to remove loose hair after a treatment.
- Apply a broad spectrum UVA/UVB sunscreen with a SPF – 30 and zinc or titanium dioxide daily to treated area if in the sun for at least six months following the laser treatment.
- Avoid hot tubs, swimming for one week afterward as chemicals can cause infection.
- Your skin may appear red or blotchy in the treated area for 24-48 hours after the laser treatment.
- If a blister appears, apply Aloe Vera gel to blistered area until resolved. Keep clothing from rubbing blistered area.

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