
LASER HAIR REMOVAL INSTRUCTIONS

Pre-Operative Care

1. Bleaching, plucking, depilatories, or electrolysis of areas to be treated should **not** be performed for at least 6 weeks before laser treatment.
2. It is absolutely necessary that the area to be treated be protected with SPF 30 or greater sunscreen that blocks both UVA and UVB rays before going outside. In between treatments, avoid getting a tan because this precludes further laser treatments.
3. ******Darkly tanned skin may need to be lightened or bleached four to six weeks prior to treatment.
4. ******Cold sores must be treated and healed. If you have a history of cold sores or herpes in the area to be treated, you may need to take prophylactic medication to prevent a breakout.
5. Wax area to be treated 2 week prior to treatment.
6. Make up and moisturizers should be removed before treatment.
7. If you wish to use numbing cream, apply a thick layer to the area to be treated one hour prior to treatment and cover with saran wrap.
8. If you have been given a prescription for painkillers, take your medication one hour prior to treatment.
CAUTION: Some painkillers may cause drowsiness and driving under the influence should be avoided.

Post-Operative Care

1. Showers are permitted. Wash the treated area with a mild cleanser and apply a medication as directed until the area has healed.
2. Avoid direct exposure to sunlight during the first 12 weeks following your laser hair removal treatment. An SPF 30 or greater sunscreen (that protects against both UVA and UVB rays) should be used once your skin has healed.
3. Make up may be worn after the treatment area has been healed completely.
4. Traumas such as scratching or picking the treated area should be avoided.
5. Immediately following your treatment, you may apply cooled gel packs or ice to the skin surface to reduce redness and swelling.
6. Taking Tylenol and / or the application of ice compresses or hydrocortisone cream to the affected area may relieve any discomfort or burning at the treatment site.
7. Topical hydrocortisone cream may be applied for the first 24-48 hours to decrease redness.
8. If crusts or scabs develop, allow them to fall off on their own.

If you have any questions or concerns regarding any of these instructions, please feel free to contact our office.