



Sleep and Wellness Medical Associates, LLC

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LASER HAIR REMOVAL: PRE & POST CARE INSTRUCTIONS

BEFORE TREATMENT:

- You **MUST** refrain from using self-tanning skin products **ONE WEEK** prior to the treatment. Let your doctor know if there is any residual self-tanner as it should be removed before the treatment.
- If you had **TANNED YOUR SKIN RECENTLY, LASER TREATMENT IS HIGHLY DISCOURAGED**. That is if your skin was treated within the last two weeks of active tanning (natural sunlight or tanning booths), it may cause permanent hypo-pigmentation after the procedure.
- Consult with your provider about using or stopping any topical medications or skin care products 3-5 days before the treatment.
- Avoid direct sun-exposure to the treatment area 4-6 weeks before and after treatment to minimize chances of permanent skin discoloration.
- 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 which is the 'target' for the laser light.
- It is necessary to **SHAVE** the treatment area prior to treatment
- If you have a past history of perioral or genital herpes simplex virus, consult with your provider about prophylactic antiviral therapy if necessary.

AFTER TREATMENT:

- After the treatment, the area may feel like a sunburn for a few hours. Minimal erythema (redness) and edema (swelling) of the hair follicle is expected around the treatment area. The redness may last up to 2-3 days.
- Ask your provider if you may benefit from additional cooling methods for comfort.
- **AVOID SUN EXPOSURE** to reduce chances of hyper-pigmentation.
- Use sunscreen with **SPF 30 OR ABOVE** throughout the course of treatment, the number of sessions may vary depending on the treatment area.
- **SHAVING** is the preferred method of hair removal. Avoid scratching or picking the treated area. **DO NOT USE** hair removal treatment products or treatments like **waxing, electrolysis, or tweezing** for 4-6 weeks after treatment. This may disturb the hair follicle in the treatment area.
- If the axillae (underarms) were treated, use a powder instead of deodorant for 24 hours after the treatment. This will help reduce skin irritation.
- There are no restrictions on bathing. But treat the skin gently as if you had a sunburn for the first 24 hours.
- Around 10-21 days after the 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 simply by washing or wiping the area with a wet cloth or sponge.
- A topical smoothing skin care product, i.e aloe vera gel may be applied after the treatment.
- New hair growth will not occur for **AT LEAST** three weeks after the treatment. Call for an appointment when you see the return of hair growth. Hair regrowth occurs at different rates on different areas of the body.

Please call our office at (609) 587-9944 or email us at info@sleep-wellness.org with any questions or concerns

Or refer to our website www.sleep-wellness.org for further information